

The

Bulletin



*Life enhancing opportunities
for adults and seniors*

**April
May
June
2018**



Elmwood Senior Center

Kathleen Faroni
Director

1106 New Britain Avenue, West Hartford, CT 06110

Hours: M-F 9:00 a.m. - 4:30 p.m.

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www.Facebook.com/ElmwoodSeniorCenter

West Hartford Senior Center

Gina Marino, CPRP
Director

15 Starkel Road, West Hartford, CT 06117

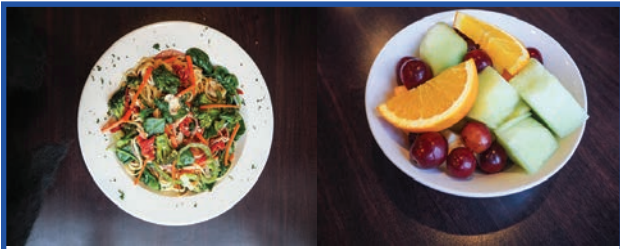
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www.Facebook.com/WHSeniorCenter

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May is Older Americans' Month



ENGAGE AT EVERY AGE: MAY 2018

This year's Theme - Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age with us at our Senior Centers.

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FITNESS CENTER CHALLENGE



Announcing the "Time to Move" Fitness Challenge!

Join Elmwood & West Hartford Fitness Center members as we battle against the clock with the Plainville Senior Center.

During the month of May all Fitness Center members are invited and encouraged to log their minutes spent exercising in the Step Up to Health Fitness Centers. We'll tally the total time spent exercising and the Center with the most hours wins.

*The top participant of each Center wins
one year's Fitness Center membership.*

There will be a large celebration in June for all Challenge participants, courtesy of the 2 "not-winning" senior centers...

Let's go Elmwood & West Hartford!

Sign up for the Fitness Challenge beginning April 9th.

Make every minute count for a healthier tomorrow!

MONDAY	TUESDAY	WEDNESDAY
9:00 Toning & Strength 9:00 Total Body Fitness Video 9:00 Billiards 9:30 Little Boutique 10:00 Toning & Strength 10:00 Brain Games 10:00 Tapercize 11:00 Tapercize 11:30 Pickleball 12:00 Senior Café 12:30 Oil Painting Made Easy 1:00 Set Back Inter. 1:00 Write Away Club 1:30 Mexican Train 2:00 Aquacize at Avery 6:00 Pilates	9:00 Arthritis Exercise 9:00 Billiards 9:30 Little Boutique 10:00 Collage & Painting 10:00 Wii Bowling 10:30 Pickleball 11:00 Silver Sneakers 12:00 Senior Café 12:30 Table Tennis 12:30 Basketball 12:30 Qigong 1:00 Water Walking @ Avery 1:30 Regents 3:00 Regents Bridge 4:30 Learn to Knit 6:30 Qigong	9:00 Billiards 9:00 Total Body Fitness Video 9:00 Toning & Strength 9:30 Squire Singers 9:30 Blood Pressure 9:30 Little Boutique 10:00 Toning & Strength 10:00 Mah Jongg 10:30 Pickleball 10:45 Stronger Seniors (DVD) 11:00 Table Tennis 11:00 Silver Sneakers Zumba Gold 12:00 Senior Café 12:45 Poker, Drop in 1:00 Bingo 2:00 Aquacize @ Avery 6:00 Beginner Barre Piano by appointment
THURSDAY	FRIDAY	SATURDAY
9:00 Billiards 9:30 Little Boutique 10:00 Karaoke 10:30 Pickleball 11:00 Guitar Group 11:00 Silver Sneakers 12:00 Senior Café 12:30 Basketball 12:30 Chess, Drop in 12:30 Viva' La France 1:00 Painting-Chinese Watercolor 1:00 Set Back II 1:00 Drop in Bridge 1:00 Regents Bridge 1:00 Water Walking @ Avery 6:00 Zumba Lovers	9:00 Toning & Strength 9:00 Total Body Fitness Video 9:00 Billiards 9:30 Tai Chi 10:00 Squires 10:00 Yoga 10:30 Tai Chi 11:30 Pickleball 12:00 Adult Swimming @ Avery 12:00 Senior Café 12:30 Table Tennis 12:45 Poker, Drop in 1:00 Movies & Munchies 1:00 Dancing to the "Elmwood Jive Five"	<div> <p><i>Don't forget to...</i></p>  <p>LIKE US ON</p> <p>facebook</p> </div>

STEP UP TO HEALTH FITNESS CENTER HOURS:
M-F 7:00 a.m. to 6:30 p.m., Saturdays, 9 a.m. to 1:00 p.m. Closed Sundays.



Staff: Patti, Liz, Micki, Gilda, Lisa, Kathleen—Director, Angela

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8:00A Mohegan 9:30A Historic Insp. Foot Care by Appt.	4 6:30P Boston Pops	5 9:30A Chester Shopping	6 1:00P Slum Dog Millionaire	7
9	10	11 10:30A Vets Hour	12	13 1:00P Paris Can Wait	14
16 10:20A Tech Ther. 11:30A Elvis Songs	17 10:00A Director's Tour 12:00P Ted Talks	18	19 9:30A Health Fair	20 1:00P Gone Girl	21
23	24 11:45A The Revisionist	25 1:00P Nursing Home Costs	26 10:00A BWB - Incontinence	27 1:00P Hail Caesar Foot Care by Appt.	28
30 9:00A Smart Driver					

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BWB Fire Emergency 8:00A Mohegan	2	3 11:30A Kentucky Derby Party Foot Care by Appt.	4 1:00P Moonlight	5
7	8 3:00P Hall High Jazz	9 10:30A Vets Hour	10	11 1:00P Chariots of Fire	12
14	15 12:00P Ted Talks 1:00P Director's Tour	16 10:30A Will Rogers	17 11:30A L&L - Brain Health	18 1:00P Jungle Book	19
21 9:00A Smart Driver 10:30A Tech Ther.	22 11:00A La Tavola	23 Lifeline Screening by Appointment	24 10:30A Veter. Salute 6:00P Caregivers Strategies	25 1:00P Stronger Foot Care by Appt.	26
28 SENIOR CENTER CLOSED	29	30	31 8:00A Berkshire Hidden Gems		

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00P Victoria & Abdul	2 1:30P Love Never Dies 4:00P City Singers
4	5 8:00A Mohegan 10:00A BWB - Staycation Foot Care by Appt.	7	8 8:30A Slater Museum	9 1:00P Jackie	
11 10:00A Juneteenth	12 10:00A Director's Tour	13 10:30A Vets Hour	14 10:30A L&L - Financial	15 1:00P Beauty & Beast	
18 10:30A Tech Ther.	19 12:00P Ted Talks	20 12:00P Volunteer Lun.	21 1:00P The Martian	22	23
25 9:00A Smart Driver	26 11:45A In the Heights	27	28 9:30A Mamma Mia	29 1:00P Dunkirk Foot Care by Appt.	30

CREATIVITY

Beaded Jewelry Making

Participants in Jan's hands-on class will learn basic jewelry making techniques. No special jewelry skills are necessary. It is Fun, Rewarding, and very Creative! Learn a new skill and make a special necklace and earrings for yourself or to give as a gift. Instructor: Jan Hasenjager.

394974A	Thu	6:00-8:00P	4/19	1 Session	\$18M/\$20R/\$24NR
394974B	Thu	10:00A-12:00P	5/10	1 Session	\$18M/\$20R/\$24NR

Collage & Painting

Learn to make your own unique, mixed media works of art. By collaging together papers you've painted, you will create beautiful pieces that you will enjoy. For all ability levels.

Instructor: Jeff Poole. No Class 7/10

394984A	Tue	10:00A-12:00P	4/3-5/22	8 Sessions	\$80M/\$90R/\$95NR
391984A	Tue	10:00A-12:00P	6/12-7/31	7 Sessions	\$70M/\$80R/\$85NR

Chinese Watercolor

Learn to paint and appreciate Chinese Paintings. This class will teach you how to mix colors and create elegant paintings with simple brush strokes. You will learn to sign your name in Chinese calligraphy. Individual instructions will be taught according to the experience and skills of the students. Advanced students may learn to create special effects for backgrounds to enhance paintings. Instructor: Pui Yee Law.

394978A	Thu	1:00-3:00P	4/12 -5/31	8 Sessions	\$72M/\$82R/\$87NR
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**Vive' La France: A Culinary Journey through France**

Join Madame Machelie for an enjoyable time cooking, eating and speaking French while you learn about the cuisine of France. Students will be introduced to basic French language in a "café" setting. During each session we will explore a different region of the country and prepare a local specialty to be shared. The class will include hands-on participation. Please be aware that the cooking projects will not be allergy-sensitive. Students are urged to bring an apron and/or wear casual clothes for cooking.

There will be a \$25 materials fee payable to the instructor on the first day of class.

Instructor: Machelie Rosenlieb.

394906A	Thu	12:30 - 2:30P	4/26 -6/7	7 Sessions	\$144/\$154/\$159
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Learn to Knit

Beginners learn the basics of casting on, knitting, purling, increases, decreases, gauge, yarn and needle selection, and pattern reading at the basic level. Students will learn the techniques to make their own special project. All supplies included. Instructor: Felice Shlizerman.

394994A	Tue	4:30-5:30P	4/17-5/1	3 Sessions	\$39M/\$44R/\$54NR
394994B	Tue	4:30-5:30P	5/15-5/29	3 Sessions	\$39M/\$44R/\$54NR

Oil Painting Made Easy

Introduction to oil painting class: Canvas preparation, color composition & color mixing, using a color wheel, brush choices and brush stroke techniques. Develop confidence and your own painting style. Additional supply cost approximately \$15 payable at beginning of class. Instructor: Edward Rosado.

No Class 5/28

394988A	Mon	12:30-3:00P	5/7-6/18	6 Sessions	\$65M/\$75R/\$80NR
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Safe Boating/Personal Watercraft

Upon completing this 3-day course, the participant will have satisfied CT DEEP's requirements and be able to subsequently apply for a certificate of Personal Watercraft Operation (the cost to apply is \$50 and not included in class fee). Instructor: CT DEEP.

394983A	MTW	5:30-8:30P	4/23-4/25	3 Sessions	\$20 Total Fee
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DANCE

NEW Line Dance

Have you ever wanted to learn the latest line dances in order to be better prepared for weddings, parties, dances? This is your chance to learn from one of the best instructors around! Ken, AKA "The Groovemaker". Prepare yourself for some exciting Boogie and Music. You will learn dances such as the Homey Twist, The Old and New Wobble, Step To The Name Of Love, Biker Shuffle, Latin Steppin, Uptown New York Slide, Feel So Right, Two By Four, Swoop, and many more! Instructor: Ken Finley

All you need to do is call The Elmwood Senior Center 860-561-8180 if you are interested in this new class.

Free Demo Tuesday, May 15, 9:45A

Zumba Lovers

Do you love Zumba? Join Carmen Sarmiento, Zumba lover and instructor, to dance the night away. Carmen has an amazing success story about how Zumba has helped her lose weight and feel healthier than ever before. Instructor: Carmen Sarmiento.

394931A	Thu	6:00-7:00P	4/5-6/28	Ongoing Drop in Fee \$5 per class
391931A	Thu	6:00-7:00P	7/5-8/30	Ongoing Drop in Fee \$5 per class

NEW Silver Sneakers - Zumba Gold®

There are no requirements other than enjoying music and wanting to have fun. Zumba Gold® is done at a lower intensity than Zumba, not quite as fast, but is certainly as much fun! Class is free to Silver Sneakers participants but you must register in advance. Instructor: Wendy LeClerc. No Class: 7/4

394929A	Wed	11:00A-11:45A	4/4-6/6	10 Sessions	\$30M/\$40R/\$45NR
391929A	Wed	11:00A-11:45A	6/13-8/22	10 Sessions	\$30M/\$40R/\$45NR

FITNESS

NEW Beginner Barre

Perhaps you have waited to try this exercise craze. Without incurring a big commitment or feeling intimidated at a studio, this is your chance to join in on the Fun! This class, which uses the ballet barre, is designed to build muscle endurance and create better balance in the whole body. Barre is safe for all body types and abilities. No dance background is necessary. Bring a mat and water bottle.

Instructor: Helene Korchin.

394914A	Wed	6:00-7:00P	4/11-6/13	10 Sessions	\$75M/\$85R/\$95NR
391914A	Wed	6:00-7:00P	7/11-8/29	8 Sessions	\$56M/\$66R/\$76NR

Pilates

Pilates improves flexibility, posture and abdominal strength. Additionally, Pilates decreases back, neck, and joint pain. This class is for all fitness levels. Beginners must attend the first session. Please bring your own mat. Instructor: Helene Korchin. No Class: 5/28

394945A	Mon	6:00-7:00P	4/9-6/18	10 Sessions	\$75M/\$85R/\$95NR
391945A	Mon	6:00-7:00P	6/25-8/20	8 Sessions	\$56M/\$66R/\$76NR

Total Body Fitness Video

This class is designed specifically for those over 60, focusing on all areas of the body, head to toe, to promote flexibility, limberness and attain maximum benefits. Video only. No Class: 5/28

394901A	MWF	9:00-10:00A	4/2-6/22	35 Sessions	\$15 for all
391901A	MWF	9:00-10:00A	7/9-8/31	24 Sessions	\$15 for all

Toning & Strength

Strength training is the only type of exercise that can slow and even reverse the decline in muscle mass, bone density and strength. Strength training can also delay the onset of osteoporosis, lower blood pressure and even reduce cholesterol levels. Instructor: Wendy LeClerc. No Class: 5/28, 7/4

(3 Day)

394949A	MWF	9:00-10:00A	4/4-5/11	17 Sessions	\$102M/\$112R/\$117NR
394949B	MWF	9:00-10:00A	5/14-6/22	17 Sessions	\$102M/\$112R/\$117NR

FITNESS CONTINUED

391949A	MWF	9:00-10:00A	6/25-7/27	14 Sessions	\$84M/\$94R/\$99NR
391949B	MWF	9:00-10:00A	7/30-8/31	15 Sessions	\$90M/\$100R/\$105NR
(Choose 2)					
394916A	MWF	9:00-10:00A	4/4-5/11	12 Sessions	\$72M/\$82R/\$87NR
394916B	MWF	9:00-10:00A	5/14-6/22	12 Sessions	\$72M/\$82R/\$87NR
391916A	MWF	9:00-10:00A	6/25-7/27	10 Sessions	\$60M/\$70R/\$75NR
391916B	MWF	9:00-10:00A	7/30-8/31	10 Sessions	\$60M/\$70R/\$75NR
(2 Day)					
394941A	MW	10:00-11:00A	4/4-5/9	11 Sessions	\$66M/\$76R/\$81NR
394941B	MW	10:00-11:00A	5/14-6/20	11 Sessions	\$66M/\$76R/\$81NR
391941A	MW	10:00-11:00A	6/25-7/25	9 Sessions	\$54M/\$64R/\$69NR
391941B	MW	10:00-11:00A	7/30-8/29	10 Sessions	\$60M/\$70R/\$75NR

MARTIAL ARTS

Qigong

Involves the regulation of three (3) mutually dependent basic processes: 1. Regulation of Posture; 2. Regulation of Respiration and 3. Regulation of the Mind. Additionally, the practice of Qigong helps restore vitality, conserve energy. Instructor: Hoa Nguyen.

394955A	Tue	12:30-1:30P	4/10-5/29	8 Sessions	\$48M/\$58R/\$63NR
391955A	Tue	12:30-1:30P	6/12-7/31	8 Sessions	\$48M/\$58R/\$63NR

NEW Qigong-Beginner

394965A	Tue	6:30-7:30P	4/17-6/5	8 Sessions	\$56M/\$66R/\$76NR
391965A	Tue	6:30-7:30P	6/19-8/7	8 Sessions	\$56M/\$66R/\$76NR

Tai Chi

Enjoy the relaxing, graceful movements of Tai Chi while improving your balance, strength and mobility. This is a wonderful exercise for men and women of all ages and physical abilities. Instructor: Faith Geist.

Beginner

394912A	Fri	10:30-11:30A	4/6-6/8	10 Sessions	\$50M/\$60R/\$65NR
391912A	Fri	10:30-11:30A	7/6-8/17	7 Sessions	\$35M/\$45R/\$50NR

Intermediate

394913A	Fri	9:30-10:30A	4/6-6/8	10 Sessions	\$50M/\$60R/\$65NR
391913A	Fri	9:30-10:30A	7/6-8/17	7 Sessions	\$35M/\$45R/\$50NR

Tai Chi Foundations

Learn the basic techniques and methods to achieve a solid foundation of Tai Chi practice. Deepen your understanding of this martial art and learn more about its origins in this informative and interactive foundations class. Instructor: Hoa Nguyen.

394997A	Thu	12:30-1:30P	3/15-5/3	8 Sessions	\$40M/\$50R/\$55NR
391997A	Thu	12:30-1:30P	6/7-7/26	8 Sessions	\$40M/\$50R/\$55NR

MUSIC

Group Guitar Lessons

These Beginner group guitar lessons will guide you step by step into learning chords and even some beginner songs. Participants must have their own guitar. Chris Farnham has been teaching Guitar, Bass, and Piano for over 15 years and is a Hartt School of Music Graduate. Instructor: Chris Farnham.

394927A	Thu	11:00A-12:00P	4/26-5/31	6 Sessions	\$85M/\$95R/\$100NR
391927A	Thu	11:00A-12:00P	6/21-7/26	6 Sessions	\$85M/\$95R/\$100NR

MUSIC CONTINUED

Opera Adventures

Explore the Operas of Rossini, Part 1

Rossini, the well-known author of “The Barber of Seville,” wrote 38 operas in total. Opera enthusiast Mike Cascia will explore some of Rossini’s other popular and beautiful operas of the early 1800’s. Rossini’s unknown operas contain some of his most beautiful music. If you enjoy opera or would like to learn more about it, then this course is for you! In addition, Mr. Cascia will explain opera basics for better understanding of the exciting world of opera. Instructor: Mike Cascia No class 5/9, 5/16

394953A	Wed	1:00-3:00P	4/11-6/13	8 Sessions	\$18M/\$20R/\$22NR
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Piano with Jane

Experience a student-friendly approach with our long-established teacher and musician. Private lessons are offered every half hour in our music room. Participants must have a full-sized piano upon which to practice. Instructor: Jane Hupfer. No Class: 5/28

394936A	Wed	9:00-11:30A	4/11-5/16	6 Sessions	\$96M/\$106R/\$111NR
391936A	Wed	By appoint.	5/23-6/27	6 Sessions	\$96M/\$106R/\$111NR

WELLNESS

Arthritis Exercise & Relaxation

Gentle stretching exercises to improve range of motion, joint flexibility, muscle strength, endurance and coordination are led by a physical therapist or certified athletic trainer. Instructor: Brian Elliot.

No Class: 7/10, 8/7

394902A	Tue	9:00-10:00A	4/10-6/12	10 Sessions	\$50M/\$60R/\$65NR
391902A	Tue	9:00-10:00A	7/3-8/28	6 Sessions	\$30M/\$40R/\$45NR

Brain Games

Entertaining, interactive group activities such as: word games, riddles and visual puzzles. BRAIN GAMES can increase cognitive awareness and logical reasoning, as well as enhance memory. Instructor: Joel Huntington. No

Class: 5/28

394934A	Mon	10:00-11:00A	4/9-6/18	10 Sessions	\$18M/\$20R/\$22NR
391934A	Mon	10:00-11:00A	7/2-8/20	9 Sessions	\$16M/\$18R/\$20NR

Silver Sneakers – Balance & Strengthening

This class was designed to strengthen the muscles that help us balance, strengthen the response from the body when off-balance, and to maximize independence doing everyday tasks where balance is required or challenged. The class includes a warm up, exercises that strengthen the muscles that support balance, positional poses that practice static balance, and movement patterns that practice dynamic balance. Class is free to Silver Sneakers participants but you must register in advance. Instructor: Cindy Guimond

394933A	Tues	11:00A-11:45A	4/3-6/5	10 sessions	\$30M/\$40R/\$45NR
394933B	Thur	11:00A-11:45A	4/5-6/7	10 sessions	\$30M/\$40R/\$45NR
391933A	Tues	11:00A-11:45A	6/19-8/21	10 sessions	\$30M/\$40R/\$45NR
391933B	Thur	11:00A-11:45A	6/21-8/23	10 sessions	\$30M/\$40R/\$45NR

Yoga Mindfulness Meditation

Enhances flexibility, strength, coordination and poise. Additionally, did you know that yoga improves your quality of sleep. Breathing and meditation techniques help you revitalize and calm your mind and body. Instructor: Janet Conley.

394909A	Fri	10:00-11:00A	4/13-5/18	6 Sessions	\$36M/\$41R/\$43NR
391909A	Fri	10:00-11:00A	6/15-7/27	6 Sessions	\$36M/\$41R/\$43NR

Spring Class Promotion

Monday April 2- Friday April 6

Stop by the office to receive a voucher to try out a single Spring class for free!



DOTY AQUATIC CENTER CLASSES

Located at Avery Heights
705 New Britain Avenue, Hartford, CT 06106
860-953-1201, ext. 451

Water classes are held at Avery Heights Doty Aquatic Center.
Register at Elmwood Senior Center.

AQUACISE

No swimming skills required. Emphasizes stretching, toning and cardio exercise. This class will improve your energy and fitness levels with no impact on your joints. Instructor: Avery Heights Staff.

393925B	MW	2:00-2:45P	2/26-4/18	16 Sessions	\$56 Sr. Center Members Only
394925A	MW	2:00-2:45P	4/23-6/18	16 Sessions	\$56 Sr. Center Members Only
391925A	MW	2:00-2:45P	6/20-8/15	16 Sessions	\$56 Sr. Center Members Only

WATER WALKING/WATER ARTHRITIS

No swimming skills required. Gentle on the joints while helping you get in shape. Participants gain increased range of motion in stiff, sore joints while protecting joints from weight-bearing impacts. Instructor: Avery Heights Staff.

393926A	T/TH	1:00-1:45P	2/20-4/12	16 Sessions	\$56 Sr. Center Members Only
394926A	T/TH	1:00-1:45P	4/17-6/7	16 Sessions	\$56 Sr. Center Members Only
391926A	T/TH	1:00-1:45P	6/12-8/2	16 Sessions	\$56 Sr. Center Members Only

ADULT SWIM LESSONS

This class will help older adult students get comfortable in the water while learning basic swimming skills and strokes. It's never too late to learn! (Limited space/6 students max/3 minimum). Instructor: Avery Heights Staff.

393930B	Fri	12:00-12:45P	3/9-4/27	8 Sessions	\$64 Sr. Center Members Only
394930A	Fri	12:00-12:45P	5/4-6/22	8 Sessions	\$64 Sr. Center Members Only
391930A	Fri	12:00-12:45P	6/29-8/17	8 Sessions	\$64 Sr. Center Members Only

This program is only for Senior Center Members! Sign up in the Elmwood Senior Center Office.

Health and waiver forms are filled out at Avery Pool the first day of class for new participants taking water classes. Go to the reception desk at Avery Heights to receive a key card to gain entrance to the pool. A \$10 refundable deposit is required.

**Thank You to Bugbee School for donating hand crafted
Valentines for Elmwood Senior Center friends and members.**



FREE TECH THERAPY EVERY MONTH**10:30-11:30 AM****Mondays, April 16, May 21, June 18, July 16**

Pramod Pradhan, Community Engagement Liaison from the Faxon Library, will be available to address your technology issues including computer downloads (software, downloadable audiobooks, ebooks), word processing, and basic spreadsheets on your personal devices such as laptop, ipad, or smartphone.

Sign up for one session, Limit 4 for each session which will include a 15 minute one on one instruction time. This is a FREE service but reservations are required by calling Elmwood Senior Center Office, 860-561-8180.

**INDOOR PICKLEBALL—UNTIL Friday, April 27**

****There will be no Indoor Pickleball Monday, April 9-Friday, April 13 (vacation camps)**

*****OUTDOOR PICKLEBALL - Begins Monday, April 30*****

Location: Wolcott Park, 1134 New Britain Avenue, West Hartford, CT

There are four permanent outdoor courts located on the last tennis court furthest from the parking lot. The courts are lighted for night time play. Equipment is stored next to the court and set up daily by an assigned pickleball player member.

Play times: Monday through Saturday 9:00-11:00 am

Wednesday & Thursday Evenings 6:00-8:00 pm

If you would like to become an Elmwood Senior Center pickleball member or for more information, please contact Lisa Hanse at 860-561-8170 or lisa.hanse@westhartfordct.gov

Parking: Parking lot on Chatfield Drive.

TABLE TENNIS

Tuesday and Friday 12:30 p.m. to 4:30 p.m.

Wednesday 11:00 a.m. to 3:00 p.m.

RULES HAVE BEEN POSTED IN THE TABLE TENNIS ROOM.

Due to high demand and limited court space, Elmwood Senior Center Indoor Pickleball and Table Tennis are for Elmwood and West Hartford Senior Center Members only.

At the **BEGINNING OF EACH MONTH**, unlimited-use monthly passes will be sold for \$5.00.

\$1.00 Daily Pass wristbands may be purchased in Senior Center Office **prior to play**.

ALL PARTICIPANTS MUST SIGN A WAIVER OF LIABILITY FORM AVAILABLE IN THE OFFICE.

WII BOWLERS TUESDAYS, 10:00-11:30 A.M.

Looking for new members to join in the fun. Wii bowling is easy to learn and fun for everyone. No experience necessary! Competitions with other senior centers can be arranged.

DROP IN BASKETBALL, TUESDAY AND THURSDAY, 12:30 P.M.

Join us on Tuesdays and Thursdays for a pickup game of basketball. Runs through mid-June until Summer camps begin.



BREAKFAST WITH BENEFITS

This informative, monthly series is designed to introduce participants to a variety of topics of interest as well as to individuals on the local and state level who are advocates for older adults, their well-being, and their community engagement.

Bagels & cream cheese, juice & coffee are served.

Pre-register. \$2 M, \$4 NM per event.

Incontinence, Compression Stockings & Mobility Thursday, April 26, 10-11 a.m.

Incontinence--Guide for incontinence care and types of styles available, practical tips for incontinence products and how you can get these supplies paid for by Medicaid insurance.

Compression Stockings—Medical conditions that cause the need for stockings, different styles available and accessories to help make them easier to put on and how to get them covered by insurance.

Mobility—durable medical equipment available to help with mobility.

CHARM
MEDICAL SUPPLY

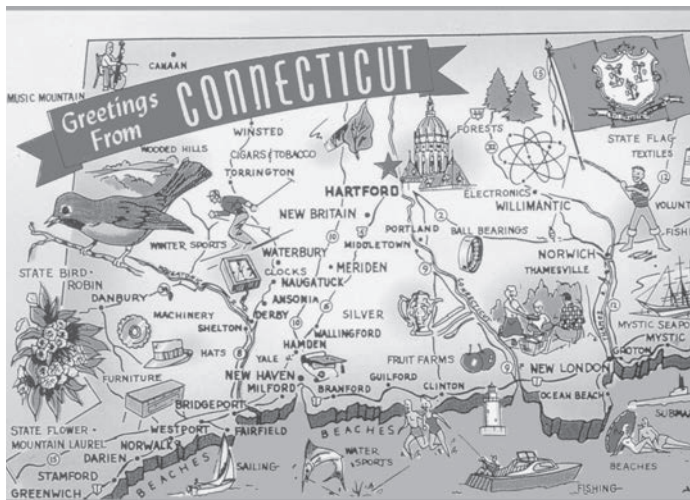
“What Happens When We Call” Presented by Fire Chief, Gary W. Allyn Tuesday, May 1, 10-11 a.m.



Learn directly from our Fire Chief what happens, and who responds, when medical calls are made to the Town's Emergency Reporting Center. In a town with approximately 63,000 residents and encompassing an area of about 22 square miles, see and hear how our town sets the standard of excellence in superior emergency service to the citizens of West Hartford.

“Staycation Vacation in CT!” Presented by Alfred Strong, Travel Concierge Tuesday, June 5, 10-11 a.m.

Kick your summer vacation planning off by discovering hidden treasures right here in your home state! Alfred Strong, Travel Concierge with the Connecticut Office of Tourism, will help us realize off-the-beaten path destinations. He will also discuss the state of tourism today in Connecticut. Al will have materials available to take home with you to plan your non-getaway.



TOUR ELMWOOD SENIOR CENTER TODAY! “EXPERIENCE THE ENERGY”

For new members or for those considering joining Elmwood Senior Center, these tours cover all three levels of this facility and provide visitors with a room-by-room description of activities, classes, and services offered. See the gym, fitness center, locker rooms, exercise and educational areas, the Ernest O. St. Jacques Auditorium, “Vicki’s Coffee Corner”, our library-lounge, billiards room, “movie theater”, and more! You will even learn a bit about the history of the building, once an elementary school, and organizations that meet regularly at the facility. You’ll meet friendly members along the way who will share their personal experiences and enthusiasm for “ESC” and, perhaps, even invite you to share a cup of coffee and a sweet treat! Registration requested. Our staff looks forward to meeting you and answering your questions.

DATES:

Tuesday, April 17, 10:00 a.m.

Tuesday, May 15, 1:00 p.m.

Tuesday, June 12, 10:00 a.m.



West Hartford A to Z Exhibit

We have a new exhibit created by the Noah Webster House & West Hartford Historical Society! Come, stroll through the hallway of the Elmwood Senior Center and enjoy this new exhibit.

West Hartford A to Z is a bold, colorful, interactive, and whimsical exhibit showcasing over three hundred years of life.

People can explore the alphabet soup of West Hartford’s dynamic past, colorful personalities, and pivotal events. The exhibit features stylized artwork by painter and West Hartford native Pamela R. Levy. Levy’s artwork vibrantly brings each letter of the alphabet to life. Guests can see the visual record of the Town’s triumphs and losses through the hundreds of images included in the exhibit. This exhibit has been redesigned from an earlier version done in 2011 to include updated information and photographs.



LUNCH & LEARN

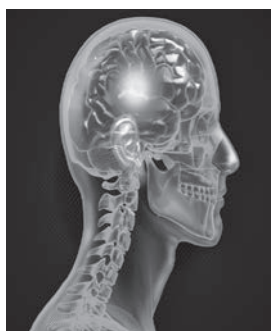
Lunch and Learn Programs are designed to educate and inform the public on a variety of topics. A light lunch is served from 11:30 a.m. to Noon and the educational program is offered from Noon to 1:00 p.m. with time for questions and answers. PRE-REGISTRATION IS REQUIRED.

“Taking Control of Your Brain Health”

Thursday, May 17, 2018

11:30 a.m. – 1:00 p.m.

You are invited to join Heather Dobbert, MSW, LCSW, Hebrew Senior Care, for an important discussion of how to take control of your brain health as you age. Do memory problems run in your family? Do you worry that you too will struggle with the same issues? Memory problems occur in 50% of people over the age of 85. Medical, emotional, and social factors play an important role in brain health. Learn the steps you can take to proactively reduce your risk of cognitive decline.



COST: \$3 M, \$5 NM

Co-Sponsor:



Financial Matters 101 **Alternatives to Consider in a Rising Interest** **Rate Environment** **Thursday June 14, 11:30 a.m.-1:00 p.m.**



Anthony Russo, from Essex Financial Services, will be at Elmwood Senior Center to present alternate ways to invest funds today to generate more interest income for tomorrow! Anthony has more than 30 years of experience helping individuals, businesses and non-profit organizations achieve their varied financial goals. Anthony will break down his information in simple, easy to follow steps for our ever-changing economic environment.

COST: \$3 M, \$5 NM

Co-Sponsor:



Munch & Learn
“Building Resilience: Nutritional Strategies for Caregivers”
Thursday, May 24, 6:00 – 7:30 p.m.

*FREE Program for Caregivers Sponsored by Hartford Healthcare Center for Healthy Aging
 Bloomfield and October Kitchen**



When a parent needs care, stressed and overwrought caregivers either fail to eat or find that a bag of chips is a reward for a taxing day. Keeping yourself healthy is important in the caregiving journey. Learn the impacts on physical and emotional health of caregivers and introduce a healthy eating routine into your life.

Presented by Amina Weiland, CDP, Resource Coordinator, Center for Healthy Aging and Paul Finney, Chef and Certified Health Coach, October Kitchen

*Complimentary light dinner will be sponsored by October Kitchen.

Don't Go Broke In A Nursing Home

Attend Our FREE Elder Law Workshop
Please join us at the Elmwood Senior Center
on Wednesday, April 25, 2018 at 1:00pm to 3:00pm
For our FREE Elder Care Law Workshop
presented by Homewatch CareGivers

Here are some of the topics covered:

- How to avoid Probate during lifetime and at death
- How to protect your assets from Long Term Care cost
- The pros and cons of Revocable Trust
- How an Irrevocable Trust can protect your assets
- Difference between Medicare and Medicaid
- Steps to protect assets even after entering a nursing home

**Get these and many more questions answered
 by attending this FREE workshop conducted by**
Attorney George A. Baker
 (former Tolland Probate Judge)



Please sign up at the Elmwood Senior Center office or call the
 Elmwood Senior Center at 860 - 561-8180.



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RETIRED MEN'S ORGANIZATIONS AT ELMWOOD SENIOR CENTER

THE REGENTS

Russ Levere, President

Weekly Business Meetings, Tuesdays – 1:30pm

This social club features guest speakers as well as recreational activities such as bowling, golf, table tennis, bridge and lawn bowling. Members volunteer in the community. Coffee/dessert served.

THE SQUIRES

Ken Hungerford, President

Weekly Business Meetings, Fridays – 10am

This social club for retired men in Greater West Hartford area features guest speakers on timely topics, golf and bowling leagues, and a choral group that entertains weekly. Refreshments.



Hebrew Center for Health and Rehabilitation received its first ever overall **5-Star rating**, the highest possible, from the Center for Medicare and Medicaid Services (CMS)!

The rating culminates a year-long effort to enhance the quality of care and services at the Hebrew Center by its new manager, National

Health Care Associates. A new Administrator, Director of Nursing and other key leaders have been an integral part of this achievement.

In addition, Hebrew Center was recently "Passport Rehabilitation" certified, providing enhanced staff training on the unique needs and care practices of our short-term patients.

We're only minutes away - but miles ahead in care!
Contact us today to learn more.


Hebrew Center
for Health & Rehabilitation

1 Abrahams Boulevard
West Hartford, CT 06117
860.523.3800
www.HebrewCenterRehab.com




PASSPORT
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HealthCare**
ASSOCIATES, INC.

An affiliate of National Health Care Associates, Inc.

At Avery Heights,
the only thing you'll
find *missing* from our
Full Continuum of
senior living services?

An entrance fee.

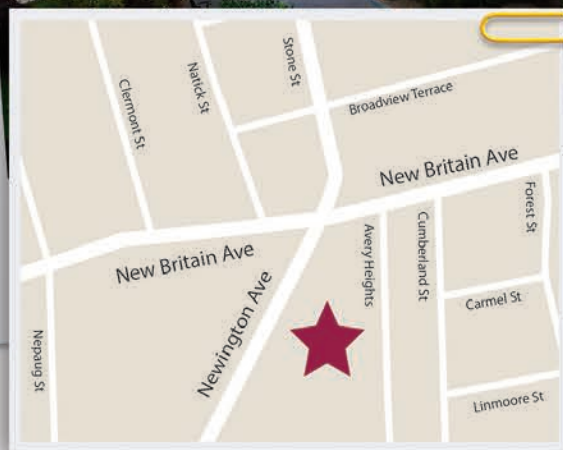
**Our affordable rental model
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-  Residential living with apartment & free-standing cottage home options
-  Assisted living tailored to your individual needs
-  Memory Care in the state-of-the-art Burnham Family Residence
-  Skilled Nursing with trained CNAs & LN supervision
-  Short-term Rehabilitation (physical, occupational, speech and respiratory therapies)
-  Wellness Center with indoor pool & fully-equipped fitness center staffed by an Exercise Physiologist
-  Full calendar of activities both on & off campus
-  Daily chef-prepared dining
-  Available transportation
-  Conveniently located safe & secure campus
-  Pet friendly

Open House Tours: Luncheon & Presentation
Starts promptly at 11:00 a.m. Call 860-724-2454 to RSVP
Wednesday, Mar. 21 • Saturday, Apr. 7 • Wednesday, Apr. 18



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ELVIS SINGS SONGS OF LOVE
NEW DATE: MONDAY APRIL 16, 12 – 2:00 P.M.

Includes Tasty Olive Garden Luncheon!

Celebrate the love songs of Elvis, performed by David Devonshuk of “Elvis Remembered.” David is an accomplished musician and performer who is reknown for his impersonations of Elvis Presley. David’s melodic voice is able to capture the full and rich quality of Elvis’ in a way that leaves you wondering if David, or ELVIS, is singing. Show is complete with actual concert recordings and costumes.

Our afternoon will begin with a delicious “OLIVE GARDEN” LUNCH.

MENU: Salad, breadsticks, and lasagna

Coffee tea and a sweet Valentine treat for Dessert

Doors Open: 12:00 Noon

Lunch: 12:30 p.m. - 1:00 p.m. Entertainment: 1:00 p.m. – 2:00 p.m.

Pre-registration is required at Elmwood Senior Center, 860-561-8180, by Thursday, April 12.



COST: \$15 M; \$20 NM

Co-Sponsor:



**FIFTEENTH ANNUAL HEALTH
and
WELLNESS FAIR**
Elmwood Senior Center

Thursday, April 19

9:30 a.m. to 12:30 p.m.



FREE screenings include: blood pressure, cholesterol, diabetes, hearing, urinalysis, vision.

FREE chair massages, Reiki, mini manicures and healthy food. Visit our Specialty Boutique located on the second floor. Numerous vendor booths.

NO PRE-REGISTRATION NEEDED.

ELMWOOD SENIOR CENTER PRESENTS:

KENTUCKY DERBY SOIREE

Fun, Games & More!
Thursday, May 3
11:30 a.m.-1:30 p.m.



*Join us for this Spring celebration.
Enjoy a scrumptious southern-style lunch
complete with Derby Hot Browns, bourbon meatballs,
mock-Mint Julips & much more!*

Get the inside scoop on this year's equine contenders!

Before lunch, **decorate a festive hat to wear!**
Music provided by Shoregrass Trio, and will include
Kentucky bluegrass favorites!

Cost: \$15 M; \$20 NM

Bring your own hat for decorating - OR - hats will be available
for \$5 apiece. Please indicate at signup if you
would like to purchase a hat. (860) 561-8180

Co-sponsor:


Hebrew Center
for Health & Rehabilitation

HALL HIGH SCHOOL JAZZ BAND SPRING CONCERT

“Throwback to the 30’s”

Tuesday, May 8, 3:00PM

Ernest O. St. Jacques Auditorium

The talented student-musicians from Hall High School will take you on a trip down memory lane with this performance of Glenn Miller styled music of the 1930’s. According to Director of Bands, James Antonucci, “folks will enjoy the show designed to be a throwback to the dances of their youth”. Join friends on the dance floor or simply enjoy the music from your seat in the auditorium. Toes will be tapping and smiles will be many as the reminiscing begins this afternoon! Light refreshments will be served.

COST: FREE to members; \$2 NM



SALUTE TO VETERANS

Always Stay True to the Red, White & Blue!

Thursday, May 24, 2018 | 10:30 a.m.

Ernest O. St. Jacques Auditorium

Elmwood Senior Center and The Squires Men’s Group in conjunction with the W.H. American Legion & Hartford Health Care at Home will conduct this year’s Memorial Day Celebration.

This celebration will feature Invocation by Barry Leghorn, Chaplain, American Legion Post 26; Keynote Speaker, Wayne Rioux, Veterans Liaison of Hartford; Color Guards, singing of patriotic and Military Branch songs led by the Squires Singers. Patriotic Parfaits, Coffee & Tea, will follow the salute.



As part of this event, we would like to present all Veterans with Certificates of Appreciation and a CT Veterans Wartime Service Medal. If you are interested in receiving a certificate call Elmwood Senior Center with your information. If you are also interested in receiving a medal, please provide a copy of your Discharge Paper (Separation Paper, DD214, or NGB 22) to ESC by May 7 to allow the appropriate time for processing of & receipt from the CT Dept. of Veteran Affairs.

Please inform any neighbors or friends of this special celebration, as we want to honor and pay our respects to ALL VETERANS who served their country with Duty, Honor and Commitment. Please RSVP to Elmwood Senior Center at 860-561-8180 by May 18, 2018.
FREE to Attend!

Co-sponsor:



Elmwood Senior & Community Centers Present

CITY SINGERS OF HARTFORD

A Concert for ALL Ages:

Artistry of Music

... A Musical Journey of Artwork on
Display at New Britain Museum of Art.

Saturday, June 2 | 4:00 p.m. | Ernest O. St. Jacques Auditorium



Cost: \$2 M; \$5 NM. Children 12 & under free.
Bring the grandkids! Childcare provided for ages 2-12.
Please reserve ahead with ESC Office. (860) 561-8180

JUNETEENTH – *A Day for Jubilee (and Oney Judge)*

Monday, June 11, 2018

10-11:30 a.m.

Originated in Texas in 1865, Juneteenth is an American **holiday that celebrates emancipation from slavery throughout the former Confederacy**. To celebrate American ideas of freedom, ESC will host renowned living history presenter, Gwendolyn Quesaire-Presutti, who will give a rare and rousing performance, portraying **George Washington's runaway slave—Oney Judge** (*who was never caught - despite the Washington's unwavering attempts to re-capture her!*)



Breakfast will be catered by

EFFIE'S PLACE
FAMILY RESTAURANT

Menu includes: *French toast bar, bacon, fruit, coffee and tea.*

Pre-registration by June 7 with ESC Office: (860) 561-8180.

About Gwendolyn Quesaire-Presutti: For the past 20 years, Gwendolyn has engaged audiences with performances, **giving voice to real life accounts, struggles, self-determination and triumphs of women she portrays.** She has won many accolades, including being crowned Ms. Senior CT, recipient of Greater Hartford Arts Council & Boston Fund Individual Artist Fellowship.

Cost: \$8 M or \$12 NM

Cheer & Care



The Elmwood Senior Center will send Sympathy, Thinking of You and Get Well cards to our members. If you know of anyone who lost a loved one or who is facing a health or life challenge, please call 860-561-8180 with the person's name and address. A card with a personal message can brighten a day and uplift spirits. Thank you for caring.

WITH SYMPATHY

The Elmwood Senior Center extends deepest sympathy to:

Ken Shapiro on the death of his father, Harold Shapiro

Antonio Louro on the death of his son

Nancy Kunak on the death of her brother, Richard Woods

Family of Robert Darling

WELCOME TO OUR NEW MEMBERS

Dean Amadon, Joyce Basche, Denise Begley, Thomas Begley, Geraldine Bouchard, Kenneth Burke, Steve Case, Muoi Truong Diep, Chann Du, Anita Farquhar, Hugh Farquhar, Sherwood Frost, Edythe Gray, Jereld Gray, Richard Gudelski, Kristine Hanko, Patricia Hilliard, Robert Hilliard, Joanellen Hurley, Visna Ilic, Sandra Jastrzebski, Theodore Jastrzbeski, Margaret Kelly, Robert Lener, Mariusz Lesinski, Patricia Clark Metzner, Arthur Meister, Linda Priskorn, Epifania Robles, Josabet Robles, Miny Robles, David Roson, Khatera Salihmomma, Kenneth Shapiro, Diane Shimoda, Jerry Shimoda, Frank Sterpka, Millie Strickland, Chiu Ming Tam, Candice Tse, and Linda Unkelbach.

ELMWOOD SENIOR CENTER "WISH LIST"

Coffee, tea, bird seed and suet cakes, donations to the Little Boutique, Lion's Club used eyeglass collection, and canned, dried goods, paper products and personal care items for "Town That Cares," Food Pantry. Special events, office and lunch room volunteers needed.

New or used guitars for our guitar class.



The Little Boutique

Hours: Monday-Thursday, 9:30 a.m.-3:30 p.m.

Closed Fridays. Monthly shelf rentals: \$10.

Shelf items change from day to day with new items, value-priced, continually coming in and available for purchase. Boutique sells hand-crafted items as well as gently used jewelry, glassware, decorations, accessories and more!





“Vicki’s” Coffee Corner

Named for Vicki Heller, 101-year old member and long-time volunteer who moved to Florida. She’s missed, but forever remembered.

Room 29/211, 2nd floor

Monday-Friday, 9:00-11:30 a.m.

Ruth Herr, Coordinator, Assisted by Volunteer Servers.

Thank you to our Co-Sponsors and volunteers who pick up breads and sweets throughout the week.

Elmwood Pastry



“Being Sweet To You
Is Our Business”



“TED TALKS” RETURN!

facilitated by

Martha O’Neal, Researcher, Writer

Noon to 1:00 p.m.



Back by popular demand, Elmwood Senior Center will offer monthly “TED TALK” presentations on a variety of topics. After the films, which are 10-20 minutes in length, there will be a facilitated discussion. Martha O’Neal will have prepared talking points from her research to begin the conversation. There is **NO CHARGE** to attend but **REGISTRATION IS REQUESTED**. Three or more participants needed to hold each session.

Snacks/bag lunches encouraged.

April 17—The Power of Introverts, *Susan Cain*

May 15—How To Know Your Life Purpose in 5 Minutes, *Adam Leipzig*

June 19—Grit: The Power of Passion and Perseverance, *Angela Lee Duckworth*

July 17—From Life to Death: Beyond and Back, *Thomas Fleischmann*

Free—Ongoing Veterans Coffee Hour

Monthly social for veterans, their spouses and family members. Facilitator, Wayne Rioux, Veterans Liaison for Hartford. Second Wednesday of each Month, 10:30 to 11:30 a.m.

April 11, May 9, June 13, July 11. Helps to connect veterans to each other and assists them in getting access to the benefits to which they are entitled. “Coffee and Donuts” courtesy of Elmwood Senior Center.



MOVIES AND MUNCHIES, FRIDAY, 1-3 P.M. FREE POPCORN AND BEVERAGE. RM. 212
MOVIE SCHECULE FOR April, May and June 2018

April 6--Slum Dog Millionaire, 2008, R, 2 Hours.

After coming within one question of winning a fortune on a game show, an uneducated young "slumdog" is accused of cheating and arrested. While in custody, he accounts for knowing all the answers by reflecting on his hardscrabble life.

Cast: Dev Patek, Freida Pinto, Madhur Mittal.

April 13--Paris Can Wait, 2017, PG, 1 Hour, 32 Minutes.

With her daughter at college and her workaholic husband perpetually absent, Anne Lockwood is ripe for the wooing when one of her spouse's associates offers to give her a lift from Cannes to Paris -- a seven-hour journey that turns into two days.

Cast: Diane Lane, Arnaud Viard, Alec Baldwin.

April 20--Gone Girl, 2014, R, 2 Hours, 29 Minutes.

Based on Gillian Flynn's novel of the same name, this unsettling thriller follows the mercurial Nick Dunne, who finds himself dogged by police and caught in a media maelstrom after he becomes the prime suspect in his wife's disappearance.

Cast: Ben Affleck, Rosamund Pike, Neil Patrick Harris.

April 27--Hail Caesar!, 2016, PG-13, 1 Hour, 46 Minutes.

In 1950s Hollywood, Eddie Mannix labors behind the scenes to "fix" the indiscretions committed by a major film studio's marquee stars. But Eddie has his work cut out when some angry scriptwriters abduct a screen idol from a movie set.

Cast: Josh Brolin, George Clooney, Alden Ehrenreich.

May 4--Moonlight, 2016, R, 1 Hour, 50 Minutes.

Growing up in the drug-soaked world of 1980s Miami, young Chiron struggles to make his way through a helter-skelter adolescence while also grappling with confusion and anxiety about his emerging sexuality.

Cast: Trevante Rhodes, Andre Holland, Janelle Monae.

May 11--Chariots of Fire, 1981, PG, 2Hour, 4 Minutes

Two very different runners -- hotshot Jewish Cambridge scholar Harold Abrahams (Ben Cross) and rigid Presbyterian missionary Eric Liddell (Ian Charleson) -- compete for the British team in the 1924 Olympics, facing intense pressure and complex personal tests of faith. Hugh Hudson directs this edifying 1981 Best Picture Oscar winner, which is based on a true story. Ian Holm co-stars as Abrahams's mentor, Sam Mussabini.

Cast: Ben Cross, Ian Charleson.

May 18--Jungle Book, 2016, PG 1 Hour, 45 Minutes.

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear.

Cast: Bill Murray, Ben Kingsley, Idris Elba.

May 25--Stronger, 2017, R, 1 Hour, 59 Minutes.

In this fact-based drama, life changes irrevocably for Jeff Bauman when a bomb goes off at his feet as he's celebrating his completion of the 2013 Boston Marathon. Despite losing his legs, Bauman is determined to help find the culprits.

Cast: Jake Gyllenhaal, Tatiana Maslany, Miranda Richardson.

June 1--Victoria and Abdul, 2017, PG-13, 1 Hour, 51 Minutes.

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Cast: Judi Dench, Ali Fazal, Eddie Izzard.

June 8--Jackie, 2016, R, 1 Hour, 40 Minutes.

Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy -- and to define her own.

Cast: Natalie Portman, Peter Sarsgaard, Greta Gerwig.

June 15--Beauty and the Beast, PG, 2 Hours, 9 Minutes.

In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the castle of a monstrous prince.

Cast: Emma Watson, Dan Stevens, Luke Evans.

June 22--The Martian, PG-13, 2 Hours, 10 Minutes.

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

Cast: Matt Damon, Jessica Chastain, Michael Pena.

June 29--Dunkirk, 2017, PG-13, 1 Hour, 47 Minutes.

This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler's Nazi forces.

Cast: Fionn Whitehead, Tom Glynn-Carney, Jack Lowden.

Offering both day and overnight trips, the Town's two senior centers have planned excursions to a variety of destinations. Travel aboard either the 24-passenger 'ELMWOOD EXPRESS', equipped with a handicapped left, or on a charter bus. Registration/payment may be made at either senior center. Refunds are given ONLY if seat can be filled from a wait list. Trip leaders supervise all travel.

DATE	TRIP	DEPART	RETURN
April 3, Tuesday	Mohegan Sun Casino, ESC	8:00 am	5:00 pm
April 4, Wednesday	Boston Pops, Bushnell, ESC	6:30 pm	10:00 pm
April 5, Thursday	Chester Shopping, ESC	9:30 am	3:15 pm
April 17, Tuesday	New York Times Crossword, WHSC	11:45 am	4:00 pm
April 24, Tuesday	The Revisionist, Playhouse on Park, ESC.	11:45 am	5:00 pm
April 26, Thursday	Libraries of Manhattan, WHSC.	7:15 am	7:30 pm
May 1, Tuesday	Mohegan Sun Casino, ESC	8:00 am	5:00 pm
May 5, Saturday	Romeo Et Juliette/Met Opera, WHSC.	9:00 am	9:00 pm
May 16, Wednesday	Goodspeed, Will Rogers Follies, ESC	10:30 am	5:30 pm
May 21, Monday	Met Mus. of Art, Private Gardens, WHSC	8:30 am	6:30 pm
May 22, Tuesday	Fine Dining, La Tavola, Waterbury, ESC	11:00 am	2:30 pm
May 31, Thursday	Berkshire Hidden Gems, ESC	8:00 am	6:15 pm
June 2, Saturday	Love Never Dies, Bushnell, ESC	1:30 pm	4:30 pm
June 5, Tuesday	Mohegan Sun Casino, ESC	8:00 am	5:00 pm
June 7, Thursday	Slater Museum, ESC	8:30 am	1:30 pm
June 10, Sunday	Chicago W.S vs Boston R.S, WHSC	10:00 am	7:30 pm
June 15, Friday	NY Botanical Gardens, Georgia O'Keefe, WHSC	8:30 am	6:00 pm
June 24, Sunday	Boston Pops at Tanglewood, Audra McDonald, WHSC	9:30 am	6:30 pm
June 26, Tuesday	In the Heights, Park Road Playhouse, ESC	1:45 am	5:00 pm
June 28, Thursday	Mamma Mia, Theater by the Sea, RI, ESC	9:30 am	7:00 pm
June 30, Saturday	Boston R.S. vs. NY Yankees, WHSC	3:30 pm	1:00 am
July 3, Tuesday	Mohegan Sun Casino, ESC	8:00 am	5:00 pm
July 8, Sunday	Hartford Yard Goats vs Portland Sea Dogs, WHSC	11:45 am	5:00 pm
July 24, Tuesday	Newport Playhouse Lobster Fest, WHSC	8:45 am	6:30 pm
July 26, Thursday	One World Trade/911 Museum, ESC	8:00 am	8:15 pm

Mohegan Sun Casino

Tuesday, April 3

Included in the fee is one free bet voucher that can be used for a free bet or a meal at the buffet or any restaurant of your choice. All attendees must have the physical and cognitive ability to safely navigate long and crowded walking distances in order to meet strict departure times.

Depart: 8:00 a.m.

Estimated Return: 5:00 p.m.

Cost: \$25M; \$35NM

Trip Leader: Kathy Wilcox

DEPARTS FROM ELMWOOD SENIOR CENTER

Boston Pops, Bushnell

Wednesday, April 4

We have orchestra seats at the Bushnell where Keith Lockhart will conduct the Boston Pops in a rare Hartford performance. Experience the grandeur and romance of Bernstein, Copland and Rogers, swing with Ellington and Gershwin, and soar with the film music of John Williams. Due to the evening timing of the concert, door-to-door is available for this event **only**.

Depart: 6:30 p.m.

Estimated Return: 10:00 p.m.

Cost: \$97M; \$107NM

Trip Leader: Kathy Wilcox

DEPARTS FROM ELMWOOD SENIOR CENTER

Chester Shopping

Thursday, April 5

Unique shopping at R.J. Vickers Herbery where you will find an extensive selection of antiques, herbs, bath and body gifts, handmade wreaths and more. We will stop at the CT River Artisans Coop for unique artwork, jewelry and more. We will also visit Chester Historical Society and Museum, located at an historic 1860's mill site overlooking a waterfall near the center of town. Lunch on your won at the Pataconk 1850.

Depart: 9:30 a.m.

Estimated Return: 3:15 p.m.

Cost: \$33M; \$43NM

Trip Leader: Nancy Kunak

DEPARTS FROM ELMWOOD SENIOR CENTER

How to Make a New York Times Crossword, CT Science Center**Tuesday, April 17**

Who makes the crosswords that appear in the New York Times? Take a look behind the scenes with Eric Berlin, a professional puzzle constructor. He'll demonstrate what goes into the creation of a successful crossword puzzle -- from coming up with a theme, to making the grid, to devising the clues.

Depart: 11:45 a.m.**Estimated Return: 4:00 p.m.****Cost: \$23M; \$28NM***Trip Leader: Deborah Kennedy**DEPARTS FROM WEST HARTFORD SENIOR CENTER***The Revisionist, Playhouse on Park****Tuesday, April 24**

Don't miss the off-Broadway hit play. In this comedic drama, a young writer journeys to Poland to stay with his 75-year old cousin, Maria, a widowed Holocaust survivor. While Davie is searching for a quiet space, Maria is thrilled for the chance to connect. David learns a profound secret about Maria's past and challenges their relationship and teaches them both about the meaning of being a family. Lunch on your own at Fernwood Restaurant.

Depart: 11:45 a.m.**Estimated Return: 5:00 p.m.****Cost: \$24M; \$34NM***Trip Leader: Nancy Kunak**DEPARTS FROM ELMWOOD SENIOR CENTER***Libraries of Manhattan****Thursday, April 26**

Guided tour of the history and architecture of New York Public Library and newly refurbished Morgan Library. This tour requires a moderate level of walking. Lunch on your own at the Grand Central Terminal Food Court.

Depart: 7:15 a.m.**Estimated Return: 7:30 p.m.****Cost: \$87M; \$97NM***Trip Leader: Deborah Kennedy* **CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***Mohegan Sun****Tuesday, May 1**

See write-up under April 3

Depart: 8:00 a.m.**Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***Trip Leader: Kathy Wilcox**DEPARTS FROM ELMWOOD SENIOR CENTER***Romeo Et Juliette/Met Opera****Saturday, May 5**

Bartlett Sher's production of Gounod's adaption of Shakespeare's tragedy was a hit last season. Now the sweeping tragedy returns with Allyn Perez and Bryan Hymel—star crossed young lovers. Placido Domingo conducts. Running time 3 hours. Dinner on your own after the opera. Leaves NYC 6:15P.

Depart: 9:00 a.m.**Estimated Return: 9:00 p.m.****Cost: \$185M; \$195NM***Trip Leader: Deborah Kennedy* **CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***Goodspeed/Will Rogers Follies****Wednesday, May 16**

Shake hands with the heartwarming humorist who spun a rope, poked fun at headlines and never met a man he didn't like. The rags-to-riches story of America's beloved stage, screen and radio star bursts to life as a Ziegfeld follies-style extravaganza. Lunch will be at the Gelston House and includes mixed greens salad, chef's choice for dessert and coffee or tea. Entrees are: Bistro steak, Parmesan encrusted cod, Gelston chicken, pasta, salmon or sherry mushroom chicken.

Depart: 10:30 a.m.**Estimated Return: 5:30 p.m.****Cost: \$115M; \$125NM***Trip Leader: Gilda Iaia**DEPARTS FROM ELMWOOD SENIOR CENTER***The Metropolitan Museum of Art - Public Parks, Private Gardens - Paris to Provence Monday, May 21**

150 works will provide a fresh, multisided perspective on best-know and hidden treasures housed in museum. Lunch on your own at one of the Met's Dining Rooms. **CHARTER**

Depart: 8:30 a.m.**Estimated Return: 6:30 p.m.****Cost: \$60M; \$70NM***Trip Leader: Ned Skinnon**DEPARTS FROM WEST HARTFORD SENIOR CENTER***Fine Dining, La Tavola Ristorante, Waterbury****Tuesday, May 22**

Known for its exceptional food, La Tavola strives for only fresh, local and seasonal ingredients. They have a unique twist on classic Italian dishes and always try to be both genuine and new. The meal starts with La Tavola house salad of hearty greens and cabernet wine vinaigrette. Entrees include: Penne ala Vodka; roasted chicken breast with fontina, prosciutto, asparagus, fingerling potatoes, truffle dark chicken au jus or grilled salmon with yellow and green squash, oven roasted tomatoes, Italian couscous, basil pesto. Also included are coffee, tea and soda and tiramisu for dessert.

Depart: 11:00 a.m.**Estimated Return: 2:30 p.m.****Cost: \$39M; \$49NM***Trip Leader: Gilda Iaia**DEPARTS FROM ELMWOOD SENIOR CENTER*

Berkshire Hidden Gems**Thursday, May 31**

Visit the glistening gem of the Berkshire Botanical Gardens - 15 acres of one of the oldest public display gardens in the U.S. Lunch at Michael's Restaurant. Tour Chesterwood, the home, studio and gardens of Daniel Chester who created the *Minute Man* and Abraham Lincoln for the Lincoln Memorial.

Depart: 8:00 a.m.**Estimated Return: 6:15 p.m.****Cost: \$97M; \$107NM***Trip Leader: Kathy Wilcox* **CHARTER***DEPARTS FROM ELMWOOD SENIOR CENTER***Lover Never Dies, Bushnell****Saturday, June 2**

Don't miss the spellbinding sequel to *The Phantom of the Opera*. Ten years after disappearing from the Paris Opera House, The Phantom has a new life in New York where he lives among the joy rides and freaks of Coney Island. Will he win back Christine's love?

Depart: 1:30 p.m.**Estimated Return: 4:30 p.m.****Cost: \$94M; \$104NM***Trip Leader: Patti McGuire**DEPARTS FROM ELMWOOD SENIOR CENTER***Mohegan****Tuesday, June 5**

See write-up under April 3.

Depart: 8:00 a.m.**Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***Trip Leader: Kathy Wilcox**DEPARTS FROM ELMWOOD SENIOR CENTER***Slater Museum (Norwich, CT) & Norwich Rose Garden****Thursday, June 7**

Exhibits include: paintings of famous CT artists, plaster casts of Lakoon, Altar of Zeus, Pieta, etc. (150 important examples of Egyptian, Greek, and Renaissance sculpture), as well as rare artifacts and artwork from ancient cultures of Mesopotamia, Africa and Asia. Docent will answer your questions and provide information. Later surround yourself with 2,500 rose bushes in the Rose Garden, and enjoy lunch on your own at the famously thrifty and delicious Johnny's Clam Shack.

Depart: 8:30 a.m.**Estimated Return: 1:30 p.m.****Cost: \$35M; \$45NM***Trip Leader: Nancy Kunak**DEPARTS FROM ELMWOOD SENIOR CENTER***Chicago White Sox vs Boston Red Sox in Boston****Sunday, June 10**

Our seats today are in section 30 in the left field area of historic Fenway Park. We will see the Boston Red Sox take on the Central Division Chicago White Sox in this afternoon contest.

Depart: 10:00 a.m.**Estimated Return: 7:30 p.m.****Cost: \$110M; \$120NM***Trip Leader: Ned Skinnon***CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***The New York Botanical Garden / Georgia O'Keeffe: Visions of Hawai'i****Friday, June 15**

Discover Georgia O'Keeffe's fascinating immersion in the Hawaiian Islands in 1939. This groundbreaking exhibition will offer a rare focus on O'Keeffe's paintings created during a three-month stay commissioned by the Hawaiian Pineapple Company. Lunch on your own at the famous Pine Tree Café.

Depart: 8:30 a.m.**Estimated Return: 6:00 p.m.****Cost: \$65M; \$75NM***Trip Leader: Deborah Kennedy* **CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***The Boston Pops at Tanglewood with Special Guest, Audra McDonald****Sunday, June 24**

One of today's most celebrated singers, stage actors, and television stars, Audra McDonald is unparalleled in the breadth and versatility of her artistry. With the Boston Pops, she presents a program of songs ranging from standards by Sondheim, Rogers, and Gershwin to the sounds of today's leading musical theater composers. Our seats are in "The Shed" section 6. Enjoy a pre-show lunch at Zucchini's Restaurant in Pittsfield. Entrees choices are Chicken Francaise, Grilled Atlantic Salmon or Maple and Mustard Glazed Roast Pork Loin.

Depart: 9:30 a.m.**Estimated Return: 6:30 p.m.****Cost: \$145M; \$155NM***Trip Leader: Deborah Kennedy* **CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***In the Heights (Playhouse on Park)****Tuesday, June 26**

"An exuberant, animated shrine to the importance of family ties and being faithful to where you come from." - *New York Times*. "IN THE HEIGHTS is the WEST SIDE STORY for a new generation!" - *Chicago Sun-Times*. Don't miss *In the Heights*! This story of a community on the brink of change won the 2008 Tony Awards for Best Musical, Best Score, Best Choreography and Best Orchestrations. Lunch on your own at *Effie's Place*.

Depart: 11:45am**Estimated Return: 5:00pm****Cost: \$24M; \$34NM***Trip Leader: Nancy Kunak**DEPARTS ELMWOOD SENIOR CENTER*

Mamma Mia, Theater by the Sea, RI**Thursday, June 28**

Donna, an independent hotelier in the Greek Islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, Donna's spirited daughter, has a plan of her own. She secretly invites to the wedding 3 men from her mother's past in hopes of meeting her real father and having him escort her down the aisle on her big day. The music is from the Abba group and includes: Money, Money, Money; Dancing Queen; Name of the Game; Voulez vous and the Winner Takes it All, among others. Lunch will be next door at the Bistro by the Sea. Menu includes Bistro house salad, chef's choice for dessert and hot coffee or hot tea. Main course selections include: mushroom statler chicken, bistro baked cod, bbq rubbed pork tenderloin or caprese linguine.

Depart: 9:30 a.m.**Estimated Return: 7:00 p.m.****Cost: \$147M; \$157NM***Trip Leader: Gilda Iaia**DEPARTS FROM ELMWOOD SENIOR CENTER***Boston Red Sox vs New York Yankees in NYC****Saturday, June 30**

Today we will travel to Yankee Stadium to see baseball rivals the Boston Red Sox and New York Yankees. See sluggers Aaron Judge, Giancarlo Stanton, Mookie Betts and more. Our seats are in left field section 234. Game time is 7:15 p.m.

Depart: 3:30 p.m.**Estimated Return: 1:00 a.m.****Cost: \$140M; \$150NM***Trip Leader: Ned Skinnon* **CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***Mohegan Sun****Tuesday, July 3**

See write-up under April 3.

Depart: 8:00 a.m.**Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***Trip Leader: Kathy Wilcox**DEPARTS FROM ELMWOOD SENIOR CENTER***Hartford Yard Goats vs Portland Sea Dogs****Sunday, July 8**

Join us for an afternoon game at Dunkin' Donuts Park in Hartford. Two ticket options. Enjoy the 2.5 hour all-you-can eat buffet OR sit in Section 124 (outfield premium swivel seats shaded) and eat on your own. Pricing varies.

BUFFET**Cost: \$42M; \$52NM****SECTION 124 (Eat on Your Own)****Cost: \$24M; \$34NM****Depart: 11:45 a.m.****Estimated Return: 5:00 p.m.***Trip Leader: Deborah Kennedy**DEPARTS FROM WEST HARTFORD SENIOR CENTER***Newport Playhouse Lobster Fest****Tuesday, July 24**

Enjoy a great buffet featuring Boiled Lobster (1 per person), Shrimp Cocktail, Clam Chowder, Salads, Hot & Cold Entrées, Desserts, and Beverage. After dining, take your reserved seats in the theatre to watch the Romantic Comedy "No Tell Motel" by Michael Wilmot. After the play, return to the dining room for the Cabaret Show.

Depart: 8:45 a.m.**Estimated Return: 6:30 p.m.****Cost: \$99M; \$109NM***Trip Leader: Deborah Kennedy* **CHARTER***DEPARTS FROM WEST HARTFORD SENIOR CENTER***One World Trade & 9/11 Museum****Thursday, July 26**

Visit The National September 11 Memorial Museum and its reflecting pools (each nearly an acre and feature the largest manmade waterfalls in North America). Spend time at Chelsea Market (part of the High Line Infrastructure & park). Chelsea Market is the original Nabisco complex. Now, it is the home of many restaurants, tv studios and food stores. Visit the stores in the historical space, get lunch on your own, or walk the High-Line. Later, go to One World Observatory for a 360 degree view of NYC.

Depart: 8:00 a.m.**Estimated Return: 8:15 p.m.****Cost: \$97M; \$107NM***Trip Leader: Kathy Wilcox***CHARTER***DEPARTS FROM ELMWOOD SENIOR CENTER***Mohegan Sun****Tuesday, August 7**

See write-up under April 3

Depart: 8:00 a.m.**Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***Trip Leader: Kathy Wilcox**DEPARTS FROM ELMWOOD SENIOR CENTER*

FUTURE TRIPS

July, Buttonwood Farms, ESC

August 1, Baltimore Orioles vs NY Yankees, WHSC

August, Saratoga, WHSC

August, Crooner and Cannoli (Hoboken/Frank Sinatra,) ESC

August 20, Goodspeed, Oliver, ESC

August 7, Mohegan Sun Casino, ESC

August 22, Chicago, Theater by the Sea, ESC

August 23, New Haven Lights, ESC

September 4, Mohegan Sun, ESC

September 13, Lost Acres Vineyard, ESC

September 19, Big E (CT Day), ESC

September 26, Goodspeed, Drowsy Chaperone, ESC

October 2, Mohegan, ESC

October 3, Belmont Park Raceway, WHSC

October 15 – 23, Canadian Rockies by Train, WHSC

SAVE THE DATE:

June 9-17, Hartford Blooms Tour, \$20 for 9 days of Tour Access

Canadian Rockies by Train October 15 – 23, 2018



HIGHLIGHTS... British Columbia, Vancouver, VIA Rail, Jasper, Columbia Icefield, Choice on Tour, Lake Louise, Banff, Calgary.

Our package includes: Round Trip Air from Bradley Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers and Group Transportation to/from Airport, and 13 meals. Cost per person: Double \$5,149; Single \$5,949; Triple \$5,099.

West Hartford Senior Center

Trip Leader: Ned Skinnon / Call for information 860 561-7583.

MONDAY	TUESDAY	WEDNESDAY
8:45 Energy Hour 9:00 Choices Counseling 9:30 Bridge Drop-In 9:30 Mah Jongg 10:00 Yoga 10:00 Roll Call 10:15 Matter of Balance 10:30 Tai Chi Inter/Adv 11:30 Tai Chi Beginner 12:30 Set Back 12:30 Mah Jongg 12:45 Chicago Bridge 1:00 Silver Sneakers 1:00 Scrabble 3:00 Chair Yoga 4:00 Yoga 6:15 Zumba Drop-In	9:30 Duplicate Bridge 10:00 Peer Play 10:00 Weight Watchers 11:15 Ageless Grace 12:45 Strength & Fitness 1:30 Strength & Fitness 2:15 Strength & Fitness 1:00 Latin Flow 1:00 Marvin's Art 1:00 Big Time-Parkinson's Exercise 1:00 Mah Jongg 1:00 Canasta 1:00 Dominos/Scrabble/Pinochle	8:45 Energy Hour 10:00 Line Dancing 11:45 Boxing/ Interval Training PD 12:15 Mah Jongg 1:00 Scrabble/Shanghai 1:00 Lively Minds 2:15 Chair Yoga 3:15 Meditation 7:00 Zumba Drop-in

THURSDAY	FRIDAY	SATURDAY
8:30 Tai Chi Int/ Adv 11:15 Wii Bowling 9:30 Tai Chi Beginner 9:30 Hebrew 9:30 Weight Watchers 11:00 Yiddish 11:15 Spanish Conversational 11:15 Ballroom Dance Beginner 12:00 Ballroom Dance Advanced 12:30 Mah Jongg 12:45 Strength & Fitness 1:30 Strength & Fitness 2:15 Strength & Fitness 1:00 Movie 1:00 Dance/ Pinochle 1:00 Big Time-Parkinson's Exercise 5:45 Weight Watchers 6:15 Zumba Drop-In	8:45 Energy Hour 9:00 Social Knitting 10:00 French Conversational 10:00 Line Dance Sampler 12:15 Mah Jongg 12:30 Setback 12:30 Sharpen Your Mind 1:00 Bingo 2:00 Opera	8:30 Weight Watchers 8:30 Zumba Drop-In 9:45 Yoga



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APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00A Taxes	3	4 1:00P Team Trivia	5 9:00A Blood Pressure 1:00P Movie: Bull Durham	6	7
9 9:00A Choices 9:00A Taxes	10 9:00A Bagel Breakfast Everyday Preparedness	11 11:00A Director's Tour 1:30P Mr. Magic	12 1:00P Movie: Roman Isreal, Esq	13 10:00A Health & Wellness Workshop: What is Naturopathy?	14
16 9:00A Taxes 10:00A Roll Call Veterans Benefits	17 11:00A Mah Jongg Lessons 11:45A NY Crossword Trip	18 9:30A Hearing Screening 1:00P Sports Talk	19 9:00A Blood Pressure 1:00P Movie: Victoria and Abdul	20 10:30A Rock Painting 7:00P Sound Healing	21
23 9:00A Choices	24 10:00A Book Discussion 11:00A Mah Jongg Lessons	25 9:00A Smart Drive 1:00P Lunch & Learn: Managing Your Medications Safely	26 7:15A Libraries of Manhattan 1:00P Movie: Three Billboards Outside Ebbing Missouri	27 10:30A India- Land of Wonder	28
30					

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00A Mah Jongg Lessons	2 1:00P Cheers for 90 Plus Years	3 1:00P Movie: Murder on the Orient Express	4 10:30A India- Land of Wonder	5 9:00A NY Opera Romeo & Juliette
7 9:00A Choices	8 9:00A Bagel Breakfast CRIS Radio 11:00A Mah Jongg Lessons	9 1:00A Lunch & Learn: Parkinson's	10 9:00A Blood Pressure 1:00P Movie: The Florida Project 1:30P Health & Wellness	11 10:30A India- Land of Wonder	12
14 9:00A Choices 6:00P Estate Planning Dinner	15 9:00A Choices	16 9:30A-12:30P Senior Day & Health Fair	17 1:00P Movie: Lady Bird	18 10:30A India- Land of Wonder 7:00A Sound Healing	19
21 8:30A Metropolitan Museum 9:00A Choices	22 10:00A Book Discussion 11:00A Fraud Bingo	23	24 9:00A Blood Pressure 1:00P Movie: Wonder 3:00P Health & Wellness- Headache	25 10:30A India- Land of Wonder	26
28 SENIOR CENTER CLOSED	29	30 9:00A Smart Driver 1:00P Lunch & Learn Should I stay or should I go?	31 1:00P Movie: The Greatest Showman		

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30A India- Land of Wonder	2
4 9:00A Choices	5	6 1:00P Lunch & Learn: A stroke of Luck 3:00P Zentangle	7 9:00A Blood Pressure 1:00P Movie: Phantom Thread 1:30P Health & Wellness- Hula Hoop	8 10:30A India- Land of Wonder	9 10:00A Red Sox v White Sox
11 9:00A Choices	12 9:00A Bagel Breakfast Protecting IRA	13 11:00A Director's Tour	14 1:00P Movie: The Last of the Blonde Bombshells	15 7:00A Sound Healing	16
18 8:30A NY Botanical Gardens 9:00A Choices	19 8:30A Mah Jongg Tournament	20 12:00P Volunteer Lunch Hebrew Center	21 9:00A Blood Pressure 1:00P Movie: The Darkest Hour	22	23 9:30A Tanglewood
25 9:00A Choices	26 10:00A Book Discussion	27 9:00A Smart Drive 1:30P Karaoke Party	28 1:00P Movie: The Novitiate 3:00P Health & Wellness- Dry Needling	29	30 3:30P Red Sox v White Sox

ART CLASSES

Art, Marvins

Individualized and constructive teaching of different forms of art, including line drawing, pastels, acrylic and watercolor.

Must bring your own supplies. Instructor: Marvin Bachner

No Class:

554902A	Tue	1:00-3:00P	4/3-5/22	8 sessions	\$32M/ \$37R/ \$42NR
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551902A	Tue	1:00-3:00P	5/29-7/17	8 sessions	\$32M/ \$37R/ \$42NR
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NEW Watercolor with Regina

Are you ready to bring out your artistic expressions by creating your own original greeting cards using and mixing water colors. This will be a very relaxing and enjoyable class with great results. Limited to 8 participants. Instructor:

Regina Pompa Burgio

554907A	Sat	10:30-12:00P	4/21	1 sessions	\$5M/ \$8R/ \$10NR
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DANCE CLASSES

Ballroom Dance, Beginner

This instructional course will teach the basics of dances including Foxtrot, Rumba and American style Tango. Stay after class to practice what you've learned at our Senior Dance featuring the Hi-Tones. Instructor: Wendy Nielsen

553916B	Thu	11:15A-12:00P	3/29-5/3	6 sessions	\$25M/ \$30R/ \$35NR
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554916A	Thu	11:15A-12:00P	5/10-6/28	8 sessions	\$35M/ \$40R/ \$45NR
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551916A	Thu	11:15A-12:00P	7/5-8/23	8 sessions	\$35M/ \$40R/ \$45NR
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Ballroom Dance, Advanced

Enhance your skills with dances including Foxtrot, Rumba and American Style Tango. Members are strongly encouraged to remain for the full combined class and share their experience with the beginning students. Instructor recommendation necessary to attend this class. Instructor: Wendy Nielsen.

553917B	Thu	12:00-12:45P	3/29-5/3	6 sessions	\$25M/ \$30R/ \$35NR
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554917A	Thu	12:00-12:45P	5/10- 6/28	8 sessions	\$35M/ \$40R/ \$45NR
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551917A	Thu	12:00-12:45P	7/5- 8/23	8 sessions	\$35M/ \$40R/ \$45NR
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Latin Flow

This class combines innovative Latin Dance-fitness moves, strength and resistance training. This workout will tone muscles, strengthen the core, and burn calories in a unique way with the usage of energizing world rhythms. Instructor: Karin Lewis. No Class: 6/19

553959B	Tue	1:00-2:00P	3/20-4/24	6 sessions	\$30M/ \$35R/ \$40NR
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554959A	Tue	1:00-2:00P	5/1-6/26	8 sessions	\$40M/ \$45R/ \$50NR
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Line Dance

This popular class is designed for those who do not have a partner. Our line dance styles include Country-Western, swing, tango (it only takes one), rumba and favorite party dances. Come for the movement, enjoy the music and laughter. Instructor: Jim Gregory No Class: 5/16, 7/4

554920A	Wed	10:00A-12:00P	4/11-6/6	8 sessions	\$30M/ \$35R/ \$40NR
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551920A	Wed	10:00A-12:00P	6/13-8/8	8 sessions	\$30M/ \$35R/ \$40NR
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Line Dance Sampler

Can you Waltz without a partner? Can you do a Tango for One? Can you Country Line Dance without a honky-tonk bar? Yes, yes, yes and this class will give you a taste of how much fun it is. Not partnered, not alone-but with a lot of fun-loving senior dance students. Instructor: Jim Gregory No Class: 3/30

554919A	Fri	10:00-11:30P	3/23-5/18	8 sessions	\$32M/ \$37R/ \$42NR
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554919B	Fri	10:00-11:30P	5/25-7/13	8 sessions	\$32M/ \$37R/ \$42NR
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LANGUAGE CLASSES

French Conversational

Interested in stimulating French conversation? Join this friendly and informal group. The group will determine conversations. The sessions require knowledge of the basics of French Instructor: Iliana Matarazzi No Class: 5/18, 5/25.

554973A	Fri	10:00-11:30A	4/20-6/22	8 sessions	\$10M/ \$12R/ \$14NR
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LANGUAGE CLASSES CONT.

Hebrew For Beginners

Build a basic vocabulary, understanding the structure and meaning of words, and the fundamentals of grammar. Instructor: Connie Smilowitz

553993B	Thu	9:30-10:30A	3/29-5/3	6 sessions	\$24M/ \$28R/ \$30NR
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Spanish Conversational

If you can understand the following, you should join the Spanish Class. Los invitos a Uds. A participar en conversaciones sobre asuntos Corrientes, sobre literatura espanola, sobre chistes del mundo hispano. Wilson Maestre-Soto

553992B	Thu	11:15A-12:45P	3/1-4/26	8 sessions	\$10M/ \$12R/ \$15NR
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554992A	Thu	11:15A-12:45P	5/3-6/21	8 sessions	\$10M/ \$12R/ \$15NR
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Yiddish

Build a basic vocabulary, understanding the structure and meaning of words, and the fundamentals of grammar. Instructor: Connie Smilowitz No Class:

5539014B	Thu	11:00A-12:00P	3/29-5/3	6 sessions	\$24M/ \$28R/ \$30NR
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EDUCATIONAL CLASSES

NEW India: The Land of Wonders

This 7 week course will explore all that is India: History, Geography, Culture, Language, Religion & Spirituality, Food and Ways of Life. Instructor: Dr. Nita Mitra.

554970A	Fri	10:30A-12:00P	4/27- 6/8	7 sessions	\$24M/ \$28R/ \$30N
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Lively Minds

Contribute your ideas in this guided discussion format. From word puzzles to newsworthy issues, we look for the answers that lie beyond the obvious. Our sessions are stimulating and fun. Facilitator: Jim Gregory No Class: 5/16, 7/4

554974A	Wed	1:00-2:00P	4/11- 6/6	8 sessions	\$28M/ \$34R/ \$40NR
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551974A	Wed	1:00-2:00P	6/13-8/8	8 sessions	\$28M/ \$34R/ \$40NR
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NEW Mah Jongg

Learn to play the American version of Mah Jongg, a brain stimulating board game of strategy, as well as an excellent memory exercise. Four persons usually play the game of ancient Chinese origin, but 3 or 5 can also play. There are 152 tiles drawn and discarded until one player has a winning hand. This class is for beginners and cards are included in your registration. Facilitator: Enid Myers

554976A	Tue	11:00A-12:30P	4/17- 5/8	4 sessions	\$20M/ \$25R/ \$30N
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Opera

Opera to be discussed in April & May are Luisa Miller by Giuseppe Verdi & Cendrillon by Jules Massenet.

Facilitator: Bruno Amato

554914A	Fri	2:00-3:30P	4/13-5/18	6 sessions	\$24M/ \$28R/ \$30NR
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Meditation

In this class, through techniques such as deep breathing and creative visualization, you begin the process of "centering" and trusting the guidance of your own intuition. You will learn to relax and gently move beyond the incessant mental noise and emotional clutter of your mind. Instructor: Rodney Goodwin

553912B	Wed	3:15-4:15P	3/21-4/25	6 sessions	\$24M/ \$28R/ \$30NR
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554912A	Wed	3:15-4:15P	5/30-7/11	6 sessions	\$24M/ \$28R/ \$30NR
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NEW Mindfulness

Are you overly stressed and feeling overwhelmed in your daily life? Join Samantha Alzate, a licensed clinical social worker for a therapeutic group class to learn to relax and de-stress. This class is based on the principles of holistic psychotherapy and can help address issues such as depression, anxiety, self-esteem and attention deficits. You will learn a variety of healing modalities including, mindfulness based cognitive behavioral therapy, EFT (emotional freedom technique), guided meditation and solution-focused interventions while lowering your stress level and increasing your self-care to reach new level of awareness. Instructor: Samantha Alzate

554077A	Wed	3:15-4:15P	5/2-5/23	4 sessions	\$16M/ \$20R/ \$24NR
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EDUCATIONAL CLASSES CONT

Peer Play

Join our class of support and fun where we laugh, share and care. We will stimulate our minds with memory and reminiscing, word puzzles, visual games, trivia, and so much more. This program is geared toward people experiencing mild memory loss. Caregivers are welcome to attend. Facilitator: Anne-Paul Swett

553961B	Tue	10:00-11:00P	3/6-4/24	8 sessions	\$10M/ \$12R/ \$14NR
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554961A	Tue	10:00-11:00P	5/1-6/19	8 sessions	\$10M/ \$12R/ \$14NR
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The West Hartford Caregiver Alzheimer Support Group will meet the 1st Tuesday of the month.

Sharpen Your Mind

Who knew that staying sharp could be so much fun! Come join us for group activities, such as word games and visual puzzles that enhance cognitive acuity, logical thinking and improve memory...all this with laughter and the support of your peers. Facilitator: Anne-Paul Swett No Class: 3/30, 5/18

553962B	Fri	12:30-1:30P	2/23- 4/20	8 sessions	\$10M/ \$12R/ \$14NR
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554962A	Fri	12:30-1:30P	4/27- 6/22	8 sessions	\$10M/ \$12R/ \$14NR
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FITNESS CLASSES

Ageless Grace A cutting edge program based on neuroplasticity that activates all 5 functions of the brain and addresses all 21 physical skills needed for lifelong optimal function. Created by Denise Medved, the program consists of 21 simple exercise tools designed for all ages and abilities. Facilitator: Thomas Atwood, PT.

554937A	Tue	11:15-12:00P	4/10-5/29	8 sessions	\$40M/ \$45R/ \$50NR
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551937A	Tue	11:15-12:00P	6/5-7/24	8 sessions	\$40M/ \$45R/ \$50NR
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**Boxing & Functional Interval Training**

Exercise Class specifically designed for people with Parkinson's Disease. Instructor: Beat Parkinson's Today

554938A	Wed	11:45A-12:45P	4/18-5/9	4 sessions	\$32M/ \$40R/45NR
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554938B	Wed	11:45A-12:45P	5/23-6/13	4 sessions	\$32M/ \$40R/45NR
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Energy Hour

This popular class has light aerobics and stretching for your entire body. Instructor: Karen Lewis, Joan Walden. No Class: 3/30, 5/28, 7/4

554921A	M,W,F	8:45-9:45A	4/13-5/18	15 sessions	\$40M/ \$45R/ \$50NR
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554921B	M,W,F	8:45-9:45A	5/21-6/25	15 sessions	\$40M/ \$45R/ \$50NR
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551921A	M,W,F	8:45-9:45A	6/27-8/1	15 sessions	\$40M/ \$45R/ \$50NR
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**Matter of Balance**

This is an award-winning program designed to manage falls and increase activity levels. You will learn to make changes to reduce fall risks at home, and specific exercise to increase strength and balance.

554911A	Mon	10:15A-12:15P	3/26-5/14	8 sessions	\$16M/ \$18R/ \$20NR
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554911B	Sat	10:15A-12:15P	4/21-6/9	8 sessions	\$16M/ \$18R/ \$20NR
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Silver Sneakers-Cardio & Strength

This class consists of a cardio segment to improve cardiovascular health followed by a conditioning segment using weights, resistance bands and short bands that target both the large and small muscle groups. **Class is free to Silver Sneaker participants but you must register in advance.** Instructor: Amy Cashman

551915A	Mon	1:00-2:00P	6/4-8/6	10 sessions	\$30M/ \$35R/ \$40NR
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Strength & Fitness

The Strength & Fitness class is a gradual strength building and conditioning program which incorporates resistance, (Nautilus, dumbbells, etc.) cardiovascular (bikes, treadmills, etc., stretching) exercises held in our fitness center. Requires medical form filled out by your doctor. Facilitator: Mark Modifica.

553908 C	Tue Thu	12:45-1:30P	3/29-5/1	10 sessions	45M/ \$50R/ \$55NR
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554908 A	Tue Thu	12:45-1:30P	5/3- 6/5	10 sessions	45M/ \$50R/ \$55NR
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551908 A	Tue Thu	12:45-1:30P	6/7-7/10	10 sessions	45M/ \$50R/ \$55NR
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FITNESS CLASSES CONT

553909 C	Tue Thu	1:30-2:15P	3/29- 5/1	10 sessions	45M/ \$50R/ \$55NR
554909 A	Tue Thu	1:30-2:15P	5/3- 6/5	10 sessions	45M/ \$50R/ \$55NR
551909 A	Tue Thu	1:30-2:15P	6/7- 7/10	10 sessions	45M/ \$50R/ \$55NR
553910 C	Tue Thu	2:15-3:00P	3/29- 5/1	10 sessions	45M/ \$50R/ \$55NR
554910 A	Tue Thu	2:15-3:00P	5/3- 6/5	10 sessions	45M/ \$50R/ \$55NR
551910 A	Tue Thu	2:15-3:00P	6/7- 7/10	10 sessions	45M/ \$50R/ \$55NR

TAI CHI QIGONG CLASSES

Tai Chi Qigong-Beginner

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes.

Instructor: Krystyna Dzwonkowski. No class: 5/28,5/31

554924A	Mon	11:30A-12:30P	4/9-6/4	8 sessions	\$48M/ \$58R/ \$63NR
551924A	Mon	11:30A-12:30P	6/11-7/30	8 sessions	\$48M/ \$58R/ \$63NR
553933C	Thu	9:30-10:30A	3/29-5/3	6 sessions	\$36M/ \$46R/ \$51NR
554933A	Thu	9:30-10:30A	5/10-7/5	8 sessions	\$48M/ \$58R/ \$63NR

Tai Chi Qigong-Inter/ Adv

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes.

Instructor: Krystyna Dzwonkowski. No Class 5/28, 5/31

554929A	Mon	10:30-11:30A	4/9-6/4	8 sessions	\$48M/ \$58R/ \$63NR
551929A	Mon	10:30-11:30A	6/11-7/30	8 sessions	\$48M/ \$58R/ \$63NR
553925C	Thu	8:30-9:30A	3/29-5/3	6 sessions	\$36M/ \$46R/ \$51NR
554925A	Thu	8:30-9:30A	5/10-7/5	8 sessions	\$48M/ \$58R/ \$63 NR

YOGA CLASSES

Yoga

Gentle yoga is appropriate for beginners and advanced beginners. Options are offered to accommodate different abilities and breathing techniques to energize, focus and calm the body and mind. Instructors: Laura Magnussen (Mon am). 5/28 Jill Hebert (Mon, Thurs PM, Sat AM) No Classes: 5/28

553927B	Mon	10:00-11:15A	3/19-4/30	6 sessions	\$50M/ \$60R/ \$65NR
554927A	Mon	10:00-11:15A	5/7-7/2	8 sessions	\$67M/ \$77R/ \$82NR

Yoga

553930C	Mon	4:00-5:00P	4/2-5/7	6 sessions	\$36M/ \$46R/ \$51NR
554930A	Mon	4:00-5:00P	5/14-7/9	8 sessions	\$48M/ \$58R/ \$63NR

Yoga

554936A	Thu	5:00-6:00P	4/12- 5/17	6 sessions	\$36M/ \$46R/ \$51NR
551936A	Thu	5:00-6:00P	5/24- 7/12	8 sessions	\$48M/ \$58R/ \$63NR

Yoga

554931A	Sat	10:00-11:00A	3/24-4/28	6 sessions	\$36M/ \$46R/ \$51NR
554931B	Sat	10:00-11:00A	5/5-6/23	8 sessions	\$48M/ \$58R/ \$63NR
551931A	Sat	10:00-11:00A	6/30-8/18	8 sessions	\$48M/ \$58R/ \$63NR

YOGA CLASSES CONTINUED

Yoga, Chair

A yoga practice modified so that postures and movements can be done seated in a chair. Many of the basic body positions of the yoga poses are similar, but without having to get down or back up from the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends and mild backbends. Additionally, some standing and balancing postures can be done using the chair for support. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep and a sense of well-being. Virtually everyone can do and receive benefits from chair yoga! Instructor: Jill Hebert No Class 5/28, 7/4.

554932A	Mon	3:00-3:45P	4/2-5/7	6 sessions	\$36M/ \$46R/ \$51NR
554932B	Mon	3:00-3:45P	5/14-7/9	8 sessions	\$36M/ \$46R/ \$51NR
553932D	Wed	2:15-3:00P	3/14-4/18	6 sessions	\$36M/ \$46R/ \$51NR
554935A	Wed	2:15-3:00P	4/25-6/13	8 sessions	\$36M/ \$46R/ \$51NR
551935A	Wed	2:15-3:00P	6/20-8/15	8 sessions	\$36M/ \$46R/ \$51NR

Zumba

Fast paced exercise/dance to Latin/Salsa Music. All ages welcome. Instructors: M. Fenton & L. Newton.

No Class 5/28, 7/4

Mon	6:15-7:15P	Ongoing	Payable to Instructor \$7.00
Wed	7:00-8:00P		
Thu	6:15-7:15P		
Sat	8:30-9:30A		

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BAGEL BREAKFASTS

Tuesdays

9:00 -10:00 a.m.

Enjoy a fresh bagel along with assorted cream cheeses, orange juice and coffee/tea.



EVERYDAY PREPAREDNESS

Tully Meyer, McLean Care

April 10, 2018

“Preparedness” means “readiness”. Each day we are faced with challenges – weather conditions, injuries, power outages, water contamination, job loss – you never know what life will bring. If you have skills and materials on hand to deal with these challenges, things tend to go more smoothly. Join us and McLean Home Care and Hospice to discuss Every Day Preparedness and leave feeling “ready” for anything!

CRIS RADIO

Chris Kelly, CRIS Radio

May 8, 2018



CRIS Radio is a radio reading service for people with print disabilities that broadcasts over 70 publications a month. Local and national news, sports, obituaries and sale ads from the Hartford Courant, New York Times, Journal Inquirer and New Britain Herald are read daily. In addition, many other publications that will be familiar to you are broadcast; titles like Time Magazine, Sports Illustrated, National Geographic, and more.

There will be applications available should you want to access the service at home. The service is provided at no charge to those who are blind or have a print disability.

PROTECTING YOUR IRA

Kristine Talarski, Weatherby & Associates, PC

June 12, 2018

Learn how to minimize the triple tax on your IRA, maximize the value of your IRA for your family and how to protect it. What is the impact of the recent Supreme Court case on your IRAs?

Co-sponsor:



Cost: \$2 M; \$4 NM per event

Tickets should be purchased at least one day in advance.



WEDNESDAYS 1:00

MANAGING YOUR MEDICATIONS SAFELY – MYTHS & FACTS

April 25, 2018

Join Dr. Nathaniel M. Rickles, PharmD, PhD, BCPP as he discusses managing your medications effectively, mixing medications, sharing and storing medications and answers to your questions. This Lunch & Learn is Free due to a grant. Pre-registration is required.

Co-sponsors:



PARKINSON'S DISEASE

May 9, 2018

Please join the team from Fresh River as we explore the challenges of Parkinson's Disease. We will discuss the symptoms, progression, exercise regimens that alleviate the symptoms, support groups that help both the patient and the families and information that will address your questions and concerns.



SHOULD I STAY OR SHOULD I GO

May 30, 2018

Discussion topics to include housing options, including 55 and over Communities, Assisted Living, Continuing Care Retirement Communities, renting or remaining in your home. Learn about resources that can support what setting is the best fit for you including: Reverse mortgages which can help supplement retirement income and assets so you can enjoy greater financial security and maintain independence while being able to stay in your homes or relocate to another home to improve living circumstances. Elder Law Attorney can assist with which documents to be certain to have in place to assist you should you become disabled. There are also insurance programs that can assist you financially to age in place in your chosen housing arrangement. Presented by: Jessica McCormack, Sr. Real Estate Specialist, Mandy Ruggiero- Reverse Mortgage Specialist, Amy Orlando- Elder Law Attorney

“A STROKE OF LUCK”

June 6, 2018

On March 20, 2017, Bob Newbold's life was rocked by a stroke. He was in his office when suddenly, without warning, he lost the use of his right side and his ability to speak. In his presentation he discusses the changes that have come to his life as a result. The presentation is called “A Stroke of Luck” because he was fortunate to have all the components necessary to have a positive outcome: a “perfect storm” of things that went right. Since then, he has made it his mission to educate people on the importance of recognizing the signs and seeking treatment immediately.

**Light Lunch Served \$3 M; \$5 NM per event.
Pre-registration required.**

**THERE'S
SOMETHING
ABOUT THIS
PLACE**



BRUNCH & LEARN Speaker Series

Wednesdays | 12:15-1:30pm
May 2 & 16 | June 6 & 20

Join us twice a month for a bagel lunch followed by an engaging guest speaker.

\$7/\$5 JCC Member
RESERVATIONS REQUIRED - by the Mon. before each event

SENIOR LUNCHEONS

Mondays | 12:15-2:00pm
May 7 | June 4

Join us monthly for a festive lunch followed by live musical entertainment!

\$8/\$6 JCC Member
RESERVATIONS REQUIRED - by the Mon. before each event

For more information or to RSVP contact Sharon,
860-231-6311 or sholtzberg@mandelljcc.org.

To find out more about Senior Programming at the Mandell JCC visit www.mandelljcc.org.



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WHAT IS NATUROPATHY

Friday, April 6, 10:00-11:00am

Dr. Ceylon Cicero, CT licensed, board certified Naturopathic Physician will explain what Naturopathy is, how it works and the many benefits of this form of medicine.

HEADACHES

Thursday, May 24, 3:00-4:00pm

Do you suffer from headaches? Approximately 1 in 6 people complain about headaches each year. Learn about causes, triggers—environmental and physical, ways to alleviate symptoms as well as possible treatments. Presented by Physical Therapists Dan Fisher and Danielle Messier of Hartford Healthcare Rehabilitation.

HULA HOOP FOR HEALTH

Wednesday, June 13, 1:30-2:30pm

Come join us to learn how a simple childhood toy can easily improve posture and overall health. Kim Wangegar-Nation, physical therapist with Touchpoints Rehab will teach you how to gently and easily restore proper posture, strengthen your spine, improve your energy system in your muscles, gain strength and flexibility. This introductory program is performed sitting in a chair.

DRY NEEDLING

Thursday, June 28, 3:00-4:00pm

Dry Needling is a treatment that involves a very thin needle being pushed through the skin to stimulate trigger points provided by a physical therapist. Representative from Hartford Healthcare will discuss treatment and benefits in this pain relieving technique.

Programs are FREE to Members, \$3 NM per event.

Pre-registration required



Team Trivia

Wednesday, April 4, 2018

1:00 pm

Team Trivia is a new, fun, interactive way to play Trivia. Create a team of up to 4 players to answer questions asked by your host, Keith Alan. Each question is shown on a big screen and there is time to work together as a team to submit your answer. Each team gets their own touchpad answering device for submitting answers so there is no need to write anything down. It's so easy to play and everybody who plays, loves it!

Don't have a team, don't worry! We will match up participants.

A light lunch of fresh fruit, garden salad, pizza, and dessert will be served.

Co-sponsor:



Cost: \$5 M, \$8 NM. Pre-registration required.



Community Concert

with

Water2Wine

In loving memory of

Ginette Wilusz,

Chatfield & Elmwood Express Bus Driver

Sunday, April 8, 2018

4:00pm

Light Refreshments to follow
West Hartford Senior Center, 15 Starkel Rd.
Please call 860-561-7583 to reserve your free seat.



MR. MAGIC

Wednesday, April 11, 2018

1:30 pm

Mr. Magic, aka Rich Rothstein, Norwich attorney by day, is a master illusionist. Spend an afternoon filled with mesmerizing spectacles and spell-binding entertainment.

Enjoy our "Ice Cream Bar" with all your favorite toppings.

Cost: Free to Members, \$3 NM

Co-sponsors:



Remaining Independent is an option, so before you make your decision make sure you call Right at Home and find out why we are the most referred homecare agency by area healthcare professionals.



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Kindness Rocks



Friday, April 20, 2018

10:30-11:30 am

Join us for this fun and inspirational painting activity. Feel free to BYOR (Bring Your Own Rocks), Lisa Duncan, Outreach Specialist will bring extra rocks and the paint. Use them to inspire others through randomly placed rocks along the way or give the gift of a rock to make someone's day!

Coffee and Bagels provided. Pre-registration required. Cost: Free Members, \$2 NM

Co-Sponsored:



SOUND HEALING

Fridays, 7:00 - 8:00 pm

April 20 May 18 June 15



Singing bowls work on the cellular, mental, emotional & spiritual levels and have been used for centuries around the world. There is an ancient magic in the way the Tibetan Singing Bowls work that cannot be quickly explained but needs to be experienced to be known. Many feel a wonderful, expansive joy in which they wish to remain. Come and de-stress, let go, relax, and allow the vibrations to soothe your body, mind & spirit. Brian and Marcey Hickey have been conducting Sound Healing events with the Tibetan bowls, crystal bowls, gongs and percussion instruments for the past ten years.

Cost: \$10 M; \$20 NM per Event

Don't forget to bring your mat, pillow, blanket & water



West Hartford Senior Center invites you to

CHEERS TO 90 PLUS YEARS!

**A Celebration Honoring our Members who are turning
90 Years Young or Better in 2018**

Wednesday, May 2, 2018 1:00 - 3:00pm

Join us for a delightful afternoon with exceptional food and entertainment.

Catered Luncheon: Prepared by Executive Chef Joseph Vitanza of the Residence at Brookside. Menu includes Pot Roast, Seafood Stuffed Sole with Lobster Sauce, Mashed Potatoes, Vegetable Medley, Salad, Rolls & Butter, Birthday Cake, Coffee & Tea

Entertainment: Crowd favorite, **Walter Martin**, will serenade us with his Smooth and melodious baritone/bass voice.

Co-sponsors:



**FREE to Senior Center Members on our Guest List
All others: \$10 M, \$15 NM**

Pre-registration required. Limited seating. Call, 860-561-7583



West Hartford Senior Center and Senator Beth Bye invite you to attend the



SENIOR DAY

Wednesday, May 16 – 9:30 AM to 12:30 PM

Preventative Health Screenings: Sponsored by West Hartford/Bloomfield Health District

Screenings may include: cholesterol, mood & memory, blood pressure, urinalysis, dental, vision & hearing, diabetes

45 Vendors of Senior Services: including home health agencies, retirement communities, specialty services and much more

Complimentary Chair Massage & Reiki

Complimentary Continental Breakfast courtesy of Brookdale Senior Living

No appointments necessary. For more information, please call (860) 561-7583

15 Starkel Road, West Hartford, 06117



DINNER WITH AN ATTORNEY

How to Protect Your “Stuff” in 3 Easy Steps

Monday, May 14, 2018
6:00-8:00 pm



Why should I use an elder-law attorney?
How can I protect my assets and estate from unwanted predators?
What is Power of Attorney and why is it important to have one?
What is a Living Will and why do I need one?
We will answer these questions.

Program is free. Pre-registration required.
Light dinner will be served

Co-sponsor: Weatherby & Associates



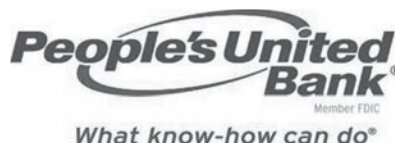


Tuesday, May 22
11:00am-12:00pm

Join Rezi Mucka of Peoples United Bank and the CT Department of Banking, for a very fun and informative Fraud Bingo. Don't be fooled or swindled by the numerous scams designed to take advantage of seniors.

Prizes will be awarded. Refreshments will be served.

Cost: Free to Members, \$3 NM. Pre-registration required.



3rd Annual Bea Levy Mah Jongg Tournament



Tuesday, June 19, 2018 **9:00am - 4:00pm**

Includes: Continental Breakfast,

Lunch catered by the Crown Market, Snacks and Cash Prizes!

Pre-Registration is required. Registration Deadline: June 13, 2018

Cost: \$25 M, \$30 NM

This event is being cosponsored by Bea Levy's Family. Please bring your Mah Jongg Set if possible.
 For more information, please call 860-561-7583



Wednesday, June 27, 2018

1:30-3:30pm

Sing your heart out to your favorite songs from the past and the present. Professional D.J. brings in a large screen television which will display all the words to each song. There are hundreds of songs to pick from for your special solo or group performance.
Guaranteed FUN!

Strawberry Shortcake & Coffee will be served

Pre-registration required. Cost: FREE to Members; \$3 NM

Co-sponsor:



30th ANNUAL SENIOR PICNIC

Wednesday, July 18, 2018

Town Hall Auditorium

12:00 – 2:30 p.m.

FREE PARKING



Our Annual Senior Picnic will feature traditional favorites grilled by West Hartford Police Officers. We will enjoy Hebrew National Hot Dogs, Hamburgers, Potato Salad, Coleslaw and dessert.

Our entertainment for the afternoon is the popular

Elderly Brothers

Featuring T-Bone and Brian Gilley.



Cost: \$5 M, \$8 NM

Tickets are limited to 200 and will be on a first come, first serve basis.

West Hartford Police



Officers' Association

Co-sponsor

**For more information,
please call (860) 561-7583**

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**Rooms can accommodate up to 150 people.
REASONABLE RATES RANGING FROM \$35 TO \$95 PER HOUR**

Email: gina@westhartfordct.gov

Your first cup is complimentary. Refills are 50 cents.
Come join us for coffee and tea served each weekday by our volunteers; Jo Lohman, Vinny Gionfriddo, June Lucas and Beth Rocco. It is a perfect opportunity to engage in fellowship and enjoy a hot beverage and sweet treat.



Donations are appreciated.

Please note that coffee will not be served after 1:00 p.m.

The West Hartford Senior Center is grateful to Big Y and Shop Rite for donations of bread and bakery items. Tasty treats are available for purchase with all funds helping to defray the cost of coffee and supplies for the continuation of our Complimentary Coffee and Senior Center Programs.

Co-sponsors:



Join the Coffee Club and help provide coffee and tea to our seniors.
Sponsor a month with a \$50 donation.
For more information please contact
Gina Marino at 860.561.7583.

Special Thanks to: **Harry Plaut**-October '17,
Danielle Fernino-January '18, and **Lillian Shapiro**-March '18

WE WELCOME THE FOLLOWING NEW MEMBERS TO THE WEST HARTFORD SENIOR CENTER

Eileen Able, John Able, Teresa Adamczyk, Sharon Bercowetz, Carol Chase, Bob Cloonan, Libby Cohn, Beth Curley, Joyce Dickey, Laura Evans, Kevin Fitzpatrick, Alexandra Flowers, Linda Fodge, Frances S. Friedman, Robert Frost, Carolyn Gabel-Brett, Percy Gagnon, Naomi Gertner, Gabriel Gertner, Clare Grant, Paul Henning, Jan Hickcox, Thomas Hickey, Charlotte Hickey, Mary Ellen Higgason, Fred Jackson, Gloria Jasieniecki, Llyn Kaimowitz, Andrea Keller, Billie Keppler, Naomi Levenson-Bachner, Charles Lieberman, Anne Mannion, Grazia Manzone, Carol Masonis, Sandra Moss, Holly Niles, Kathy Nonken, Deborah Partesano, Janie Pertillar, Rebecca Punsoni, Arthur Punsoni, Clint Randolph, Nancy Rinaudo, Theresa Staranchak, Robin Thierfeld, Lorraine Vogelhut, Stephen Welk



DIRECTOR'S TOUR

FOR PROSPECTIVE AND NEW MEMBERS

Wednesday, April 11, 2018 at 11:00 a.m.

Wednesday, May 9, 2018 at 11:00 a.m.

Wednesday, June 13, 2018 at 11:00 a.m.

Join our Director, Gina Marino, for a tour and overview of programs and services offered at the West Hartford Senior Center.

Please call to register for this free orientation. (860) 561-7583



MONDAYS - 10:00 AM-12:00 PM

Join Ben Cooper, WWII Army Combat Medic, for a morning of storytelling and sharing. Ben will facilitate this informal gathering where veterans from all branches of the service can share common experiences and make new friends. Everyone is welcome to meet our veterans and watch history come alive.

SPECIAL GUEST SPEAKER: VETERAN BENEFITS

Kristine Talariski, MSW, Weatherby & Associates

Monday, April 16, 2018

How do I know if I am eligible for Veterans benefits?
What are the types of pension and compensation?
We will address the answers to these questions.

Bagels & Coffee Served. Program is Free.
Pre-Registration required for April 16 program.



Movie Schedule for April, May & June 2018
ALL MOVIES ARE FREE OF CHARGE
Thursday Afternoon Movies shown at 1:00 pm

April 5 - Bull Durham- Comedy, Romance, Sport (R) 1988 - 1hr 48m

A fan who has an affair with one minor-league baseball player each season meets an up-and-coming pitcher and the experienced catcher assigned to him.

Starring: Kevin Costner, Susan Sarandon, Tim Robbins

April 12 – Roman J. Israel, Esq. –Crime, Drama (PG-13) 2017 - 2Hr 2m

Roman J. Israel, Esq., a driven, idealistic defense attorney, finds himself in a tumultuous series of events that lead to a crisis and the necessity for extreme action.

Starring: Denzel Washington, Colin Farrell, Carmen Ejogo

April 19- Victoria and Abdul – Biography, Drama, History (PG-13) 2017 - 1Hr 51m

Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

Starring: Judi Dench, Ali Fazal, Tim Pigott-Smith

April 26- Three Billboards Outside Ebbing Missouri - Crime, Drama (R) 2017 - 1h 55 min

A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit.

Starring: Frances McDormand, Woody Harrelson, Sam Rockwell |

May 3 - Murder On the Orient Express– Crime, Drama, Mystery (PG-13) 2017 - 1h 54 min

When a murder occurs on the train he's travelling on, celebrated detective Hercule Poirot is recruited to solve the case.

Starring: Kenneth Branagh, Penélope Cruz, Willem Dafoe

May 10 –The Florida Project – Comedy, Drama (R) 2017 - 1h 51 min

Set over one summer, the film follows precocious six-year-old Moonee as she courts mischief and adventure with her ragtag playmates and bonds with her rebellious but caring mother, all while living in the shadows of Walt Disney World.

Starring: Brooklynn Prince, Bria Vinaite, Willem Dafoe

May 17 – Lady Bird – Comedy, Drama (R) 2017 - 1h 34 min

In 2002, an artistically inclined seventeen-year-old girl comes of age in Sacramento, California.

Starring: Saoirse Ronan, Laurie Metcalf, Tracy Letts

May 24 –Wonder –Drama, Family (PG) 2016 - 1Hr 53m

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

Starring: Jacob Tremblay, Owen Wilson, Izabela Vidovic |

May 31 – I, Tonya – Biography, Comedy, Drama (R) 2017 - 2Hr

Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.

Starring: Margot Robbie, Sebastian Stan, Allison Janney

June 7 – Phantom Thread – Drama, Romance (R) 2017 - 2Hr 10m

Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.

Starring: Vicky Krieps, Daniel Day-Lewis, Lesley Manville

June 14 – The Last of the Blonde Bombshells – Comedy, Music (PG-13) 2000 - 1Hr 23m

A woman tries to reunite the swing band she played with during World War II.

Starring: Judi Dench, Ian Holm, Leslie Caron

June 21 – Darkest Hour –Action, Adventure, Horror (PG-13) 2011 - 1Hr 29m

During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on against incredible odds.

Starring: Gary Oldman, Lily James, Kristin Scott Thomas

June 28 – The Greatest Showman – Biography, Drama, Musical (PG) 2017 - 1Hr 45m

Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Starring: Hugh Jackman, Michelle Williams, Zac Efron

July 5 – Call me by Your Name –Drama, Romance (R) 2017 - 2Hr 12m

In 1980s Italy, a romance blossoms between a seventeen year-old student and the older man hired as his father's research assistant.

Starring: Armie Hammer, Timothée Chalamet, Michael Stuhlbarg.

HOLIDAYS

The Senior Centers are closed on the following holidays:

Memorial Day - Monday, May 28, 2018

Independence Day - Wednesday, July 4, 2018

MEMBERSHIPS: Membership runs from January 1 to December 31, 2018 and entitles members to discounted fees for all programs, activities and services at BOTH Senior Centers AND every issue of the BULLETIN will be mailed to you at your home. The membership fee is \$15 for West Hartford residents and \$40 for non-residents. Checks should be made out to the "Town of West Hartford" and mailed to either Senior Center. Or, you can register in person at either office in Elmwood (ESC) or Bishops Corner (WHSC). Newcomers – you can find the registration form in the back of this bulletin.

FITNESS CENTERS

The Elmwood Senior Center and West Hartford Senior Center have over 18 pieces of state of the art equipment. Fitness memberships are interchangeable at both senior centers. All interested participants need to pick up a **procedures sheet, medical clearance form** (which needs to be signed by the participant's medical doctor), and a **health history questionnaire**. Participants will need to attend an orientation conducted by Fitness Coordinator, Mark Modifica. Fitness Center orientations are held weekly. You will be given options of orientation dates when you call **Elmwood Senior Center at (860) 561-8180 or West Hartford Senior Center at (860) 561-7583**.

Fees are \$150 for a yearly membership, \$90 for 6 months, or \$60 for 3 months.

Elmwood Fitness Center	Monday-Friday	7:00 a.m. to 6:30 pm
	Saturday	9:00 a.m. to 1 p.m.
West Hartford Fitness Center	Monday-Thursday	8:00 a.m. to 6:30 p.m.
	Friday	8:00 a.m. to 4:30 p.m.
	Saturday	8:00 a.m. to 12:00 p.m.

SMART DRIVER CLASS - Save at least 5% on your Liability Auto Insurance. AARP sponsors a Smart Driver Program encompassing the latest techniques in driving with special emphasis on defensive driving. This is classroom training only; there is no in-the-car-training. Upon completion of this class, you will receive a certificate which may be used to obtain a minimum of 5% discount on one's liability auto insurance. (This is CT General Statute – Sec. 38a-683 for those who are age 60 years or older.) The class is limited to 20 people. There is a **\$15** fee for AARP Members (card must be presented with payment) and a **\$20** fee for all non-AARP members. This is a newly revised course with new course material and updated workbooks and videos. **Make checks payable to the Senior Center where the class is held.**

Elmwood Senior Center*	Mondays: April 30, May 21, June 25	9:00 am-1:00 pm
<i>*Person must register at ESC and pay for class by the Thursday before class start. No phone registrations.</i>		
West Hartford Senior Center	Wednesdays: April 25, May 30, June 27	9:00 am-1:00 pm



SENIOR DANCE

All are welcome to drop in at one of our Senior Center Dances. Enjoy music, refreshments and great company!

ELMWOOD SENIOR CENTER

Every Friday, 1:00 pm - 3 PM
Featuring the Elmwood Jive Five

WEST HARTFORD SENIOR CENTER

Every Thursday, 1:00 pm - 3pm
Featuring the Hi-Tones

BINGO - A friendly game of Bingo is held at the Elmwood Senior Center every Wednesday from 1:00 pm - 3:00 pm and at the West Hartford Senior Center every Friday from 1:00 pm - 3:00 pm. Bingo cards are 50 cents each.

COPY/FAX CHARGE – As a convenience to our members, both Senior Centers will make copies or send a fax for \$0.25 per copy.

GIFT CERTIFICATES - Do you want to surprise a relative, friend, or neighbor with a special present? The Elmwood and West Hartford Senior Centers sell gift certificates for the fitness center, special events, trips and travel, classes, and shopping at the Elmwood Little Boutique. The certificates are the PERFECT WAY to introduce a special someone to a new activity or to register them for a favorite program or service. What a surprise it would be to receive a free trip to a show, restaurant, museum or concert.

TOWN OF WEST HARTFORD REFUND AND CANCELLATION POLICY

- Please sign up early to avoid classes being cancelled due to low enrollment.
- Full refunds will be automatic if a class session is cancelled.
- Cancellations and refund requests must be made (3) business days before the program begins.
- All refund requests must be made in writing.
- Refunds will not be given after a program has begun.
- A 10% processing fee will be deducted from all refunds (minimum \$5.00).
- In case of injury, a written refund request must be accompanied by a doctor's note.
- No refunds will be given on trips, special events, and/or memberships.

SENIOR CAFE

HOT LUNCH PROGRAM

Monday-Friday, 12 Noon to 12:30 p.m.
offered by the Community Renewal Team

Reservations for the lunch program must be made one day in advance by calling one of the numbers below between the hours of 10 a.m. and 12:30 p.m. The suggested price is \$2.50 per meal for seniors. The hot meals are nutritionally balanced and typically include soup, salad, main entrée, vegetables, bread, dessert and fresh fruit. Friends and fellowship await.

Elmwood at (860) 561-8188
Federation Square (Kosher site) at (860) 236-4136

SENIOR JOB BANK

Location: 50 South Main Street (Town Hall) Suite 216, West Hartford, CT 06107

Phone (860) 521-3210 Email: INFO@SJBCT.ORG Website: www.sjbct.org

Hours: of Operation: Monday – Friday (10:00 am to 12:30 pm)

Need Work: Register to find a part-time job for yourself or become a Service Provider

Need Help: Find one of our Service Providers to do work for you in your home or business

TRANSPORTATION**WEST HARTFORD DIAL-A-RIDE**

Members: call TOLL-FREE 1-855-WHRIDES (855-947-4337) to schedule a ride. To become a member, call 860-561-7561 or download an application from <http://www.westhartfordct.gov/transportation>. Annual fee is \$50 and membership renewal is 7/1/18.

THE FREEDOM RIDE ACCESSIBLE TAXI PROGRAM

Call (860) 666-6666, ext. 3100, or visit www.hartfordtransit.org/freedom-ride

GREATER HARTFORD TRANSIT DISTRICT ADA PARATRANSIT SERVICES

Call (860) 247-5329 Ext. 3011 or visit <http://www.hartfordtransit.org/adaservice.html>.

INDEPENDENT TRANSPORTATION NETWORK – CENTRAL CT

Call (860) 521-3600 or visit www.ITNCentralCT.org.

**SOCIAL SERVICES COMMUNITY PARTNERSHIP VOLUNTEER
MEDICAL ESCORT PROGRAM T**

Call (860) 561-7567 or visit www.westhartfordct.gov/volunteerservices.

**THE WEST HARTFORD SENIOR CITIZENS
ADVISORY COMMISSION**

10:00 a.m. at Elmwood Community Center

1106 New Britain Avenue, West Hartford, CT

The West Hartford Senior Citizens Advisory Commission meets on the third Tuesday of the month. Come to our meetings, share your comments, and enjoy some light refreshments.

**Tuesday, April 17 2018 - Pramod Pradhan Community Engagement,
Librarian, West Hartford Public Library**

**Tuesday, May 15, 2018 - Maureen McIntyre, Executive Director,
North Central Area Agency on Aging
Tuesday, June 19, 2018**

EVERYONE IS WELCOME and cordially invited to attend any or all of our sessions.



WEST HARTFORD LIBRARIES

FAXON LIBRARY NOAH WEBSTER LIBRARY BISHOPS CORNER LIBRARY

BOOK DISCUSSION GROUP

Tuesday, 10:00 am

Join us for discussions on the fourth Tuesday of each month at 10:00 am. The group meets in the classroom of the West Hartford Senior Center. Approximately one month before each meeting, there will be 10 to 12 books on hold at the Bishops Corner Library (adjacent to West Hartford Senior Center).

HOMEBOUND

Volunteers deliver library materials free of charge to West Hartford residents who are confined to home because of illness, disability, or advanced age. Ask for specific materials or tell the volunteer what types of material you like and they will make selections for you. A West Hartford Library card is required. A volunteer will answer your call to 860-561-6951 on Tuesdays from 10:00 a.m.-11:30 a.m. or call anytime and leave a message.

Financial Contribution Form

I would like to support the Senior Centers in West Hartford with the below donation.

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

I am paying by: ☐ Check ☐ Cash ☐ Mastercard ☐ Visa

Card # _____ Expiration Date _____

Name _____

Address _____

City _____ State _____ Zip Code _____

☐ Do not acknowledge my donation publicly. ☐ Please mail a tax receipt.

Please mail your tax deductible donation to:

Elmwood Senior Center
1106 New Britain Avenue
West Hartford, CT 06110

West Hartford Senior Center
15 Starkel Road
West Hartford, CT 06117

Thank you for your support!

VOLUNTEERS NEEDED TO FIGHT SCAMMERS!

Medicare loses over 60 billion dollars each year due to fraud, errors, and abuse. The Senior Medicare Patrol (SMP) program is looking for volunteers. Volunteers are trained to educate beneficiaries how to recognize and combat fraud. Volunteers work in their own communities and hours are flexible.

The next SMP Foundation Training will be held on Thursday June 7th from 10 a.m. to 3:00 p.m. at North Central Area Agency on Aging (NCAAA), 151 New Park Ave., Hartford (near the West Hartford line). Advanced registration required by May 18th in order to attend this training. Contact Carol Walsh, Senior Medicare Patrol Volunteer Coordinator, Carol.walsh@ncaaact.org or phone (860)724-6443 ext. 271. To learn more please visit www.smpresource.org and www.ncaaact.org
The SMP program is funded by a grant from U.S. H&HS, Administration on Aging & Dept. of Rehabilitation Services, State Unit on Aging

VOLUNTEER LUNCHEON 2018

**Honoring Elmwood &
West Hartford Senior Center Volunteers**

Wednesday, June 20, 2018



**Hebrew Center,
Abrahms Boulevard
12:00-2:30pm**

Luncheon includes: Tossed salad,
stuffed shells, grilled salmon, vegetable medley,
rolls, dessert, coffee & tea

Entertainment by Airborne Trio

Personal Invitations will be mailed. Guest tickets may be purchased for \$25 per person.

Co-sponsor:



CHOICES COUNSELORS

Volunteers are trained by the Area Agency on Aging and Medicare Advocacy Group, which is run by the State Choices Program. Help and consultation is provided with MediGap Insurance and Medicare issues, including the Medicare Drug Assistance Program.

Appointments on various days at the West Hartford Senior Center
call (860) 561-7583 for an appointment.

April 9, 23, and 30.

May 7, 14, 21

June 4, 11, 18, 25.

From 9:00 am to 12:00 pm

Please Note: Only one person per session. Please bring all current medical membership cards and a list of all medications including dosage and frequency.

Appointments on Tuesdays at West Hartford Town Hall
call (860) 561-7561 for an appointment.
From 1:00 pm to 3:00 pm

2018 RENTAL REBATE PROGRAM

BEGINS APRIL 2, 2018

For Rent and Utilities paid in 2017 (Jan – Dec)

Do you have an annual income of under \$35,200 (single) or \$42,900 (couple)? Then you might qualify for the Rental Rebate Program. There is no cost for this service and appointments begin on April 9, 2018 - To schedule an appointment, please call 860-561-7563.

Applications for the Renter's Rebate program require the following **written** documents:

- If you received regular Social Security income - bring your **1099 form** from **2017**
- If you received SSI - bring a **letter from Social Security** which clearly states **your total 2017 income**. To request this document – call 1-877-619-2851.
- If you are younger than 65 and you have a disability - you **MUST bring proof of disability** from the Social Security Administration.
- Proof of any other of **2017** income (pension, employment, interest, dividends, etc.)
- A copy of the **2017 Income Tax Return** signed and submitted to the IRS (if you filed one with the IRS).
- Proof of **all 2017 rent payments** (rent receipts for each month in 2015 or signed letter from landlord)
- Proof of **all 2017** utility payments; i.e. electric, gas, oil. *bring each monthly bill or a full-year printout for **2017**.

DO YOU NEED HELP PAYING FOR GROCERIES?

Foodshare SNAP Outreach volunteers can help!

Did you know a one person household can get as much as \$192 for groceries every month? We can help you fill out the SNAP benefits application and submit it for you. We will even help you with the documents required.

Call Social Services for an appointment at 860-561-7561.

(SNAP is the Supplemental Nutrition Assistance Program)

West Hartford Senior Center at Bishop's Corner

These Wednesdays each Month
5:30pm-7:30pm

APRIL 4

MAY 4

JUNE 6

West Hartford Social Services Room 306, Town Hall

These Tuesdays each Month
2:30pm-5:30pm

APRIL 10

MAY 8

JUNE 12

These Fridays each Month
9:00 am-12:00pm

APRIL 27

MAY 25

JUNE 22



www.foodshare.org
(click on Find Help> SNAP)
Phone: 860-286-9999 ext. 104



MEET WITH A SOCIAL WORKER

Would you like an opportunity to meet privately with a professional social worker to discuss issues that are concerning you? These issues might be related to your finances, medical questions, health insurance, housing, transportation, family members or community resources that might enhance your quality of life, your safety and your independence.

Please call West Hartford Social Services directly to schedule an appointment at 860-561-7561. Appointments scheduled at either senior center or at town hall.

BLOOD PRESSURE CLINICS

Monitors take blood pressures at both Senior Centers. Individuals will be told the reading and it will be up to the individual to do his/her own follow up. The program is now designed for individual awareness only. Individuals will be taken on a walk-in basis at no charge.

Elmwood: 2018: Wednesdays - **9:30 am-11:30 am**

WHSC: 2018: April 4 April 19 May 3 May 17 June 7 June 21 - **9:00 am-11:30 am**

(The West Hartford Senior Center program is at Fellowship Housing, opposite 15 Starkel Rd)

FOOT CARE PROGRAM

Call for a 1/2 hr. appointment. **Cost: \$33** at the Senior Center, **\$50** for home visits

Elmwood: 2018: April 3 April 27 May 3 May 25 June 5 June 27 - **9:00am-3:00pm**

HEARING SCREENINGS

Senior Centers will be offering **FREE** hearing screenings and service on any make or model of hearing aide provided by Jack Felix of Hearing Care Center. Hearing screenings require only a few minutes and will confirm if hearing thresholds are within normal ranges or would require further testing if a loss is present. Senior Center office staff will book 15-minute appointments between the hours of 9:30 and 10:30am on a bi-monthly basis. If requests for service exceed the time allotted, Hearing Care Centers will extend the screening hours and/or come on a monthly basis.

Elmwood: 2018: Jan. 9 Mar. 13 May 8 July 10 Sept.11 Nov. 13

WHSC: 2018: Jan. 17 Mar. 21 May 16 July 18 Sept. 19 Nov. 21

MEMORY SCREENINGS

Schedule an appointment at Elmwood Senior Center 860-561-8180 for a free, confidential memory screening.

Memory screenings average 10 minutes, and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Presented by Amina Weiland, Certified Dementia Practitioner, Certified Dementia Care Partner, Resource Coordinator. Sponsored by Hartford Healthcare Center for Healthy Aging.

Elmwood Senior Center **Thursdays April 12, May 10, June 14.**

**Lifeline Screening,
Wednesday, May 23 – 8:00-5:30 p.m.**



We are pleased to offer a preventative health event. Lifeline Screening will conduct 5, non-invasive and painless screenings for \$149. Included are: carotid artery/plaque; heart rhythm (atrial fibrillation); abdominal aortic aneurysm; peripheral arterial disease and osteoporosis risk assessment. All 5 screenings take 60-90 minutes to complete. You can also schedule single screenings. To book your appointment, call 1-888-653-6450. Screenings held at Elmwood Senior Center, 1106 New Britain Ave., West Hartford.

West Hartford-Bloomfield Health District Type 2 Diabetes Classes

The West Hartford Bloomfield Health District will host three Diabetes Self-Management Classes beginning April & May 2018.

Diabetes is an issue facing many individuals with 8% of adults in CT having a diagnoses of type 2 diabetes. Type 2 diabetes is a disease that must be managed by the individual requiring knowledge and commitment to a healthy lifestyle. WHBHD would like to get the word out about our upcoming diabetes classes. Research shows that these Diabetes Self-Management Education (DSME) classes improve the general health and well-being of individuals with Type 2 diabetes. These are interactive classes are for adults and consist of weekly meetings where individuals learn to incorporate ways to eat healthy, become physically active, stay on track, set realistic goals, manage blood sugar and problem solve.

FREE Diabetes Self-Management Series and Workshop.

Please join us for this 7-session workshop. This interactive class focuses on helping person with type 2 diabetes manage their diabetes. Learn how you can still enjoy your favorite food, correct blood glucose monitoring techniques and targets, and how your medications work. The workshop is conducted by Paula Leibovitz, Registered Dietitian and Certified Diabetes Educator. This class is interactive so bring your questions. For more information or to sign up, please call the West Hartford-Bloomfield Health District at 860-561-7900, extension 0.

Two sessions are being offered:

Wednesdays for 7 weeks

@Hartford Healthcare Medical Group
445 South Main Street, West Hartford
Evenings from 6:00 pm-8:00 pm
Class dates are:

May 2nd, 9th, 16th, 23rd 30th
June 6th & 13th

Tuesdays for 7 weeks

@Bloomfield Senior Community Center
330 Park Ave, Bloomfield
Mornings from 10:00 am-12:00 pm
Class dates are:

May 1st, 8th, 15th, 22nd 29th
June 5th & 12th

LiveWell Diabetes Self-Management Workshop

This is 2.5 hour weekly workshop for individuals with type 2 diabetes or their caregivers. Please join us for this 6-session series. This workshop focuses on eating well while following diabetic guidelines, blood sugar, setting small achievable goals and problem solving to meet those goals. Led by Debbye Rosen, BSN, MS. Register through West Hartford Continuing Education <https://www.whlifelearn.org/> or call 860-561-6900. The cost is \$25 for residents of West Hartford and \$35 for non-residents.

Wednesdays for 6 weeks

@Sedgwick Middle School
Room 212
128 Sedgwick Road, West Hartford
5:30 pm-8:00 pm

Class dates are:

April 18th, 25th
May 2nd, 9th, 16th, 23rd

For more information, call the West Hartford-Bloomfield Health District
860-561-7900, Ext 0.

*Supported by a grant from the CT Department of Public Health
to the West Hartford-Bloomfield Health District*

The shocking truth about not having a Will



When you die without a Will, did you know that you're giving the state permission to make decisions for you?

That's right. Without a Will, state law decides who gets what.

If you have children, state law will also choose their guardians. If you're single without children, it'll decide which of your relatives will get what you leave behind.

Don't want the state making decisions that should be yours?

Then call (860) 717-3181 or email us: plantoday@ctseniorlaw.com

Download the FREE report
The Shocking Truth About Not Having a Will
www.ctseniorlaw.com/wills

CZEPIGA DALY POPE & PERRI
Estate Planning | Elder Law | Special Needs | Litigation | Probate
Berlin ♦ Madison ♦ New Milford ♦ Simsbury ♦ South Windsor
www.ctseniorlaw.com

DONATIONS



GIFTS, MEMORIALS & DONATION CONTRIBUTIONS

Gifts, memorials, and donations are used to further the purpose and goals of our Senior Centers. New and replacement equipment is difficult to obtain through the normal budget channels because of cutbacks, so any size contribution is welcome. We are always grateful to families who mention membership in the Elmwood or West Hartford Senior Centers in obituaries of a loved one, and we are appreciative of the thoughtfulness of those who suggest memorial donations be made to the Senior Center in lieu of flowers. Memorial donations to the Senior Centers keep alive the tradition of serving older adults, the service that your family members or friends so enjoyed. Some of our seniors have found it rewarding to donate to the Senior Center in honor of a special occasion, such as a birthday, anniversary or the birth of a great grandchild.

ELMWOOD SENIOR CENTER DONATIONS

Little Boutique - Bob Reynolds

Judy Bigelow - Office Stationery

WEST HARTFORD SENIOR CENTER DONATIONS

Three boxes of candy - Elizabeth Grudzinski

Monetary Donation
Rose Granow, Stan and Muriel Sokolow,
Faye Ewen, Susan Kaehrle

Paints and Brushes - Sylvia Brill

Greeting Cards - Denise Kennedy

Books - Elliot Pollack, Ben Wallace, Phylis Battista

Coffee Donation - Elaine Kaufmann

Two Boxes of Chocolates - Marcia Rowe

Hand Knitted Mitten Sets - Monica Prestianni



There's no place like
FEDERATION HOMES

**ACCEPTING APPLICATIONS FOR OUR
1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD**

Affordable Independent living for
Older Adults 62+ and
Individuals with Disabilities

Visit us at www.federationhomes.org

(860) 243-2535



Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.



ALZHEIMER'S SUPPORT GROUP – Alzheimer and Dementia Family Caregiver Support Group.
 ALZHEIMER'S SUPPORT GROUP – Alzheimer and Dementia Family Caregiver Support Group.
 Groups are free and open to the public.

St. Mary Home (In Center #1 Dining Room)	2nd Thursday of Month Facilitator: Eileen Cleary	4:30 pm - 5:30 pm (860) 570-8335
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Hebrew Health Care (In Auditorium)	1st Thursday of Month Facilitators: Pamela Atwood and Melissa Fay	3:15 pm - 4:45 pm (860) 920-1810
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West Hartford Senior Center Facilitator: Elaine Reid	1st Tuesday of Month (860) 712-4614	10:00 am – 11:00 am
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PARTNER BEREAVEMENT SUPPORT GROUP – For those grieving the loss of a Partner or Spouse...Ongoing...meets at 4:30-6:00 p.m. on the second and fourth Wednesday of each month, excluding Jewish holidays. To register, or for more information please call 860.523.3800. Sessions are free of charge and refreshments will be served. Hebrew HealthCare, Senior Day Center, One Abrahms Blvd. West Hartford.

CHINESE (CANTONESE) FAMILY CAREGIVER SUPPORT GROUP – The support group or personal consultation will offer caregivers a safe place to share experiences of providing care to loved ones who have Alzheimer's disease or other dementias. For more information, contact Amina Weiland (860) 218-2316 (aweiland@hebrewhealthcare.org).

COCHLEAR CHAT & SUPPORT explores how the Cochlear community is a resource for those seeking information on advance hearing loss and it provides resources & support to those who have a Cochlear implant, Cochlear Nucleus Hybrid or Cochlear Baha System Technology. Join us the third Thursday of the month from 6:00–7:30 p.m. at Blue Back Square. Please contact Nancy Ryan (860) 232-0255 or Marcia Reno (860) 232-4352.

DEMENTIA PEER COALITION OF CT Group meets first Wednesday of each month from 10:00 – 11:30 a.m. at the Elmwood Senior Center. Facilitator: Bob Savage (860) 305-0178.

EARLY STAGE MEMORY LOSS GROUP - Group meets at Jewish Family Services the second & fourth Thursday of the month from 4-5:00 pm. This is a collaborative effort between Jewish Family Services & Hebrew Health Care. RSVP: Pamela Atwood (860) 920-1810 (patwood@hebrewhealthcare.org) or Penny Yellen (860) 236-1927 (pyellen@JFSHartford.org)

OSTOMY SUPPORT GROUP – This is a non-profit support group for people & their families/friends who have had ostomy surgery. We will meet at the West Hartford Senior Center on the fourth Wednesday of each month from 5:30-8:30 pm. For details and more information, call Cheryl at (860) 693-0289.

PARKINSON'S SUPPORT GROUP - The support group for Parkinson's meets at Atria Hamilton Heights on the second Wednesday of each month, 3:30 p.m. – 4:30 p.m. For more information, call Pamela Atwood (860) 920-1810, or the chapter office at (860) 248-9200.

STROKE SUPPORT GROUP – This group is held at the Hospital for Special Care in New Britain. The group meets on the second Tuesday of each month from 3:00-4:30 pm in the lower level Conference Center. Designed for stroke survivors, their caregivers and loved ones. Please call Kristin Mooney at (860) 827-1958 ext. 5091 with questions.



MEMBERSHIP & CLASS REGISTRATION FORM

(Please Print)

HOUSEHOLD INFORMATION

Name:	Home Phone:	Cell:
If not a Senior Center Member, Please fill out below		
Address:	Town:	
State:	Zip Code:	Email Address:
Emergency Contact Name:	Phone Number with area code.	Relationship:

MEMBERSHIP: Renewal _____ New _____ Resident Rate \$15.00 Non-Resident Rate \$40.00 _____

CLASS REGISTRATION INFORMATION:

PARTICIPANT	PROGRAM	PROGRAM #	DATES	DAY	TIME	SESSION	FEE

MEMBERSHIP TOTAL \$ _____
CLASS TOTAL \$ _____
DONATION TOTAL \$ _____
GRAND TOTAL \$ _____

Please include my tax deductible donation to support the Senior Centers.....

Paid by: (circle one) Cash Check Credit Card
Make checks payable to: Town of West Hartford

Circle one: Visa or Mastercard
Number: _____

Exp. Date: _____

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